

## How To Deal With Anxiety Using Just 15' Of Your Dead Time - Scheduler Example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00							
06:30							
07:00	Wake up	Wake up	Wake up	Wake up	Wake up		
07:30	Get ready	Get ready	Get ready	Get ready	Get ready		
08:00	Kids to school	Kids to school	Kids to school	Kids to school	Kids to school	Wake up	Wake up
08:30	Commuting	Commuting	Commuting	Commuting	Commuting	Get ready	Get ready
09:00	Work	Work	Work	Work	Work		
09:30							
10:00						Shopping	
10:30							
11:00							
11:30							
12:00							
12:30							
13:00	Lunch	Lunch	Lunch	Lunch	Lunch		
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30	Commuting	Commuting	Commuting	Commuting	Commuting		
18:00	Kids to judo	Homework	Kids to judo	Homework	Homework		
18:30							
19:00	Homework	Dinner	Homework	Dinner	Dinner	Dinner	Dinner
19:30	Dinner		Dinner				
20:00							
20:30	Kids bath & bed	Kids bath & bed	Kids bath & bed	Kids bath & bed	Kids bath & bed	Kids bath & bed	Kids bath & bed
21:00						TV time	TV time
21:30							
22:00							
22:30							
23:00							
23:30							

\* Dead time activities are marked with **yellow** background