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## Online programs

Find out about OnTrack's free and confidential programs

[> Find out more](#)

### OnTrack Research

OnTrack is seeking volunteers for a number of exciting research trials looking at online treatments for depression and alcohol use.

[Find out more](#)

### What people say about OnTrack

"The program has been worthwhile to me because it has focused on my problem rather than wandering aimlessly with no direction."

*Participant OnTrack Alcohol and Depression*

"So far I am very impressed. At this very early

### For Practitioners

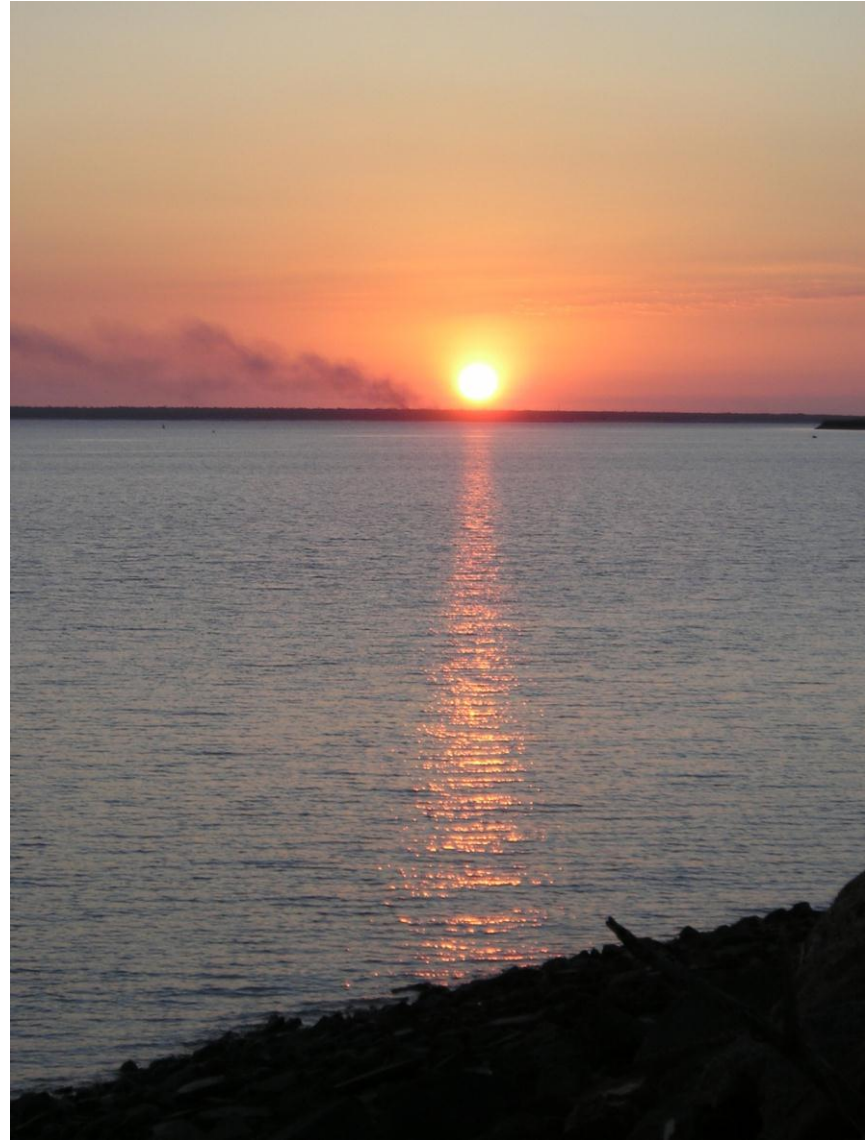
Are you a health practitioner interested in viewing or using an OnTrack program?

Visit our practitioner page for more information on how OnTrack can be of use to you.

[Find out more](#)

# OnTrack programs

- Alcohol
- Depression
- Alcohol & Depression
- Keep it Real—psychosis-like experiences & cannabis
- Family & Friends
- Floods and Storms
- Diabetes




[My Journey](#)
[My Diary](#)
[What I've Done](#)
[How I'm Doing](#)
[Tools](#)
[Resources](#)

## Deciding What To Do **Weighing It Up**

Weigh up the upsides to stopping or cutting back your drinking against the downsides to stopping. Click on the + or - next to each point to show how important they are to you. If they are very important, make them bigger. If they are not very important, make them smaller. The hand that goes down has more weight in it. Those are the things that are more important to you.

**What I will gain by stopping**

**What I'll miss by stopping**

Helps me to forget problems ☐ ☐

Makes me feel good ☐ ☐

My liver will be healthier ☐ ☐

I'll save money ☐ ☐



### *Journey Map*



Welcome to OnTrack

**Making Plans**

- ☐ Making Plans Introduction
- ☐ Monitoring
- ☒ Deciding What To Do
  - ☐ Upsides To Drinking
  - ☐ Downsides To Drinking
  - ☐ What Would Happen
  - ☐ What You Would Miss
  - ☒ Weighing It Up
  - ☐ Making A Choice
  - ☐ A Note About Withdrawal
  - ☐ My Drinking Choice
- ☐ Feeling Confident
- ☐ Building My Support Team
- ☐ Making a Plan
- ☐ Planning
- ☐ Making Plans Summary
- ☐ Making Plans Feedback

**First Steps**

**Closing a Risky Track**

**Taking Care in Risky Situations**

**Developing Close Relationships**

**Building a New Life**

## Keeping Fun in Your Life Planning

Now you have a list of things to try more often. Some things take more time than others. Before making a plan, think about the shorter everyday activities.

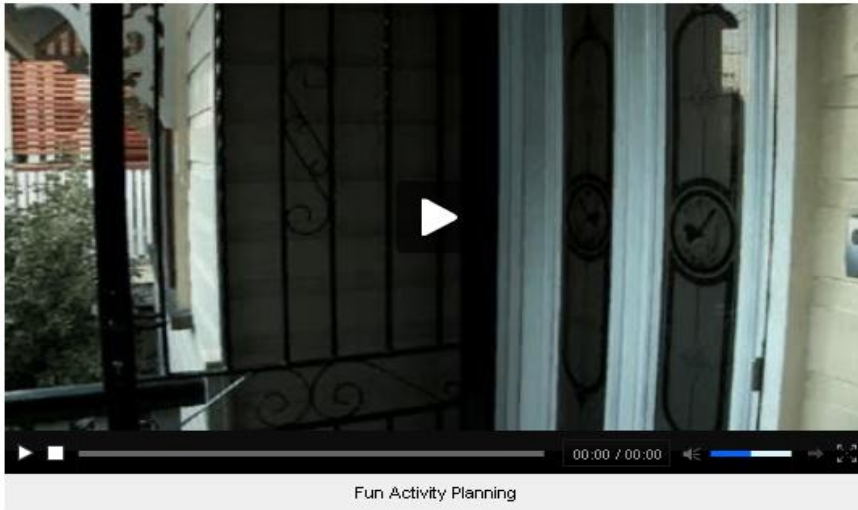
### Click the everyday activities from your list

- |   |   |
|---|---|
| <input type="checkbox"/> Phone or email someone             | <input type="checkbox"/> Make something             |
| <input checked="" type="checkbox"/> Play a game             | <input checked="" type="checkbox"/> Listen to music |
| <input type="checkbox"/> Do a puzzle                        | <input type="checkbox"/> Do yoga                    |
| <input checked="" type="checkbox"/> Read a non-fiction book | <input type="checkbox"/> paint                      |

There are times when planning is even more important:

- When you are feeling stressed
- When you want to be with another person and feel closer
- When your mood or energy is low
- When you haven't had much time for yourself

Plan ahead, so you remember to do fun activities at those times. They won't be able to help you feel better if you don't remember to do them!

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## Journey Map



- Welcome to OnTrack
- Problem Solving
- What is There Already?
- Keeping Fun in Your Life**
  - Keeping Fun in Your Life
    - Things To Do
    - Planning
    - Everyday Activities
    - Longer Activities
    - Summary
  - Mindfulness of Pleasure
  - Keeping Fun in Your Life Feedback
- Making a Relationship Stronger
- Staying OK
- New Horizons

## New Horizons Hopes and Dreams

There is more to life than the problems we have. How could life be better for you and the person you care about? First, think about your own hopes for the future.

Look at the ideas below and add details.

### Hopes and Dreams



**Get fit**

Lose weight



**Get closer to somebody**



**Start a new relationship**



**Doing something for myself**



**Change jobs**



**Save some money**



**Start a new hobby**

Learn how to paint with oil



**Study, or do a course**



**Meet new people**



**Learn something new**

### Journey Map



Welcome to OnTrack



Problem Solving



What Is There Already?



Keeping Fun in Your Life



Making a Relationship Stronger



Staying OK



**New Horizons**



New Horizons



Hopes and Dreams



Choosing One to Work On



First Step



Summary



Practising Mindfulness By Yourself



New Horizons Feedback


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## What Is There Already? [Summary](#)

### My Summary

#### Things that are still OK in my life

My Job

My financial situation

#### People I'm pleased to have in my life

People at work

Other people in my family

My friends

#### Good things about me

Generous

Dependable

Friendly

Smart

Fun to be around

Caring or kind

Loving

Able to see the funny side of things

A good listener

Usually on time

Talented at painting

#### Other things I am grateful for

Being able to laugh and smile

Making my appointments on time

Enough money to get by

Having a job

A good boss/manager

No medication side effects

### Journey Map



Welcome to OnTrack



Problem Solving



What Is There Already?



What Is There Already?



What Is Still Going OK?



Good Things About Me



Other Things I Am Grateful For



Other People



Summary



Becoming More Aware



What Is There Already Feedback



Keeping Fun in Your Life



Making a Relationship Stronger





Staying OK



New Horizons

# Blood Glucose



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**Thursday 10 November 2011**

**Blood Glucose**  
Lowest: 4.8 Highest: 5.0

**Mood**  


**Physical Activity Goal**  
Not recorded for today

**Nutrition Goal**  
Not recorded for today

**My blood glucose** [Close](#)

Write your lowest and highest blood glucose level for the day in the boxes below.

Lowest:  Highest:

If you test your blood glucose once a day, write this number as the lowest and highest level.

[New Entry](#)  
s day!

4 November 2011 1

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				




**OnTrack Diabetes**

OnTrack Diabetes is currently offering a research trial for people who have type 2 diabetes. If you have type 2 diabetes register for the OnTrack Diabetes Research Trial now!

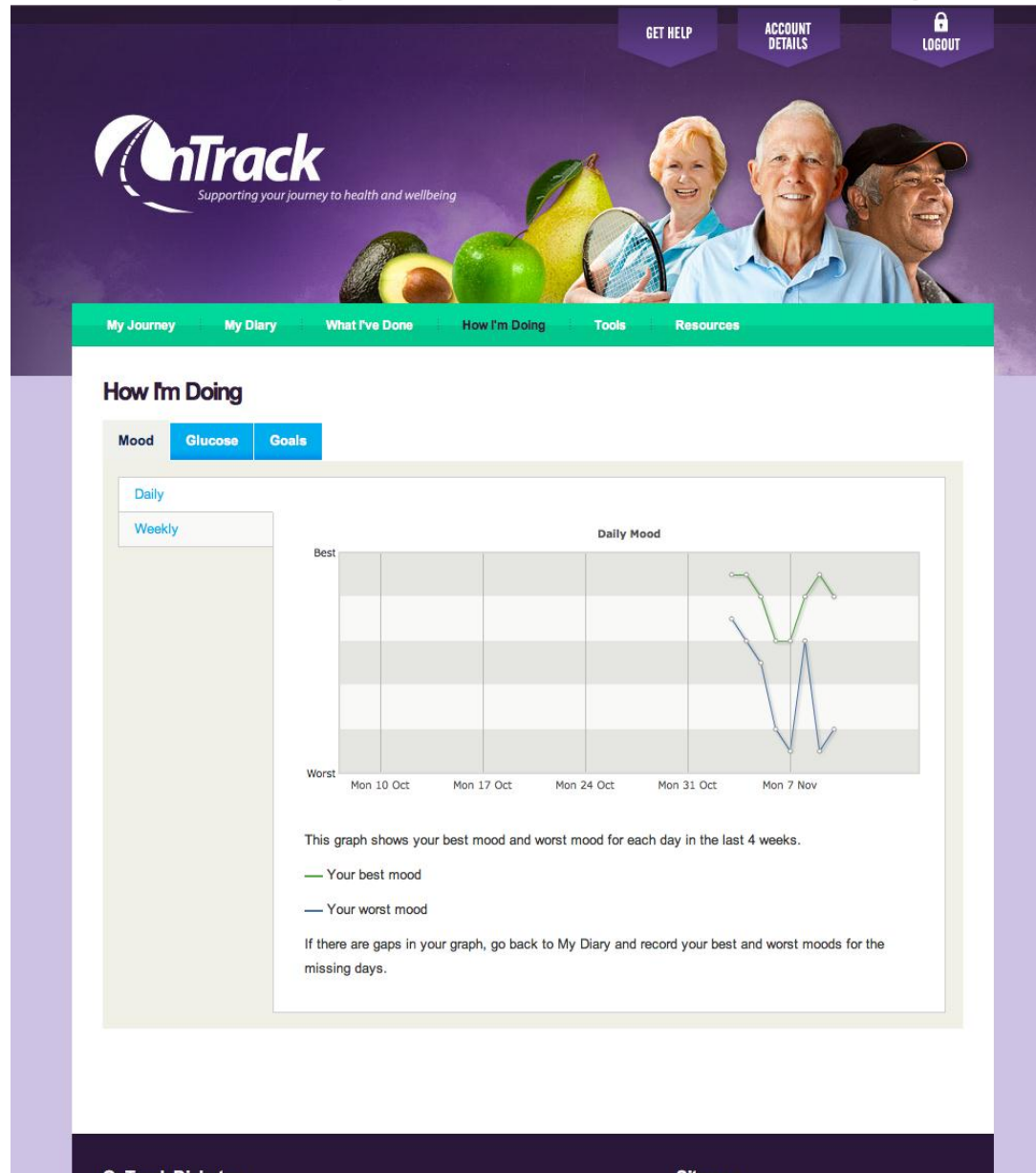
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**Sitemap**

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# Progress Tracking





# Say When Better Health Channel

saywhen.herokuapp.com/saywhen

About Us Contact Us Events Newsletter

A-Z Sitemap

 Search this site  Search

Conditions & Treatments  Healthy Living  Relationships & Family  Services & Support

Illness, prescription drugs, first aid, natural rem... Food & fitness, prevention, ... Relationships, sex, pregnancy, parental guid... Find a doctor, hospital, suppo...

Home > Healthy Living > SayWhen

 Become a fan  Print  Accessibility tips

 SayWhen you've had enough ABOUT MY DRINKING FACTS HELP SERVICES LOGIN

  
How To Say When  
Get tips and ideas to stay in control of your drinking  
[Learn more](#)

  
**Drink Calculator**  
Use our calculator to find out how much you really drink.

  
**DrinkCheck**  
Find out how you compare to others and if you are at risk.

  
**My Drinking Profile**  
Create a drinking profile and see it change over time.

  
**Ready To Say When?**  
See if you're ready to make a change to your drinking.

  
**How To Say When**  
Get tips and advice to stay in control of your drinking.

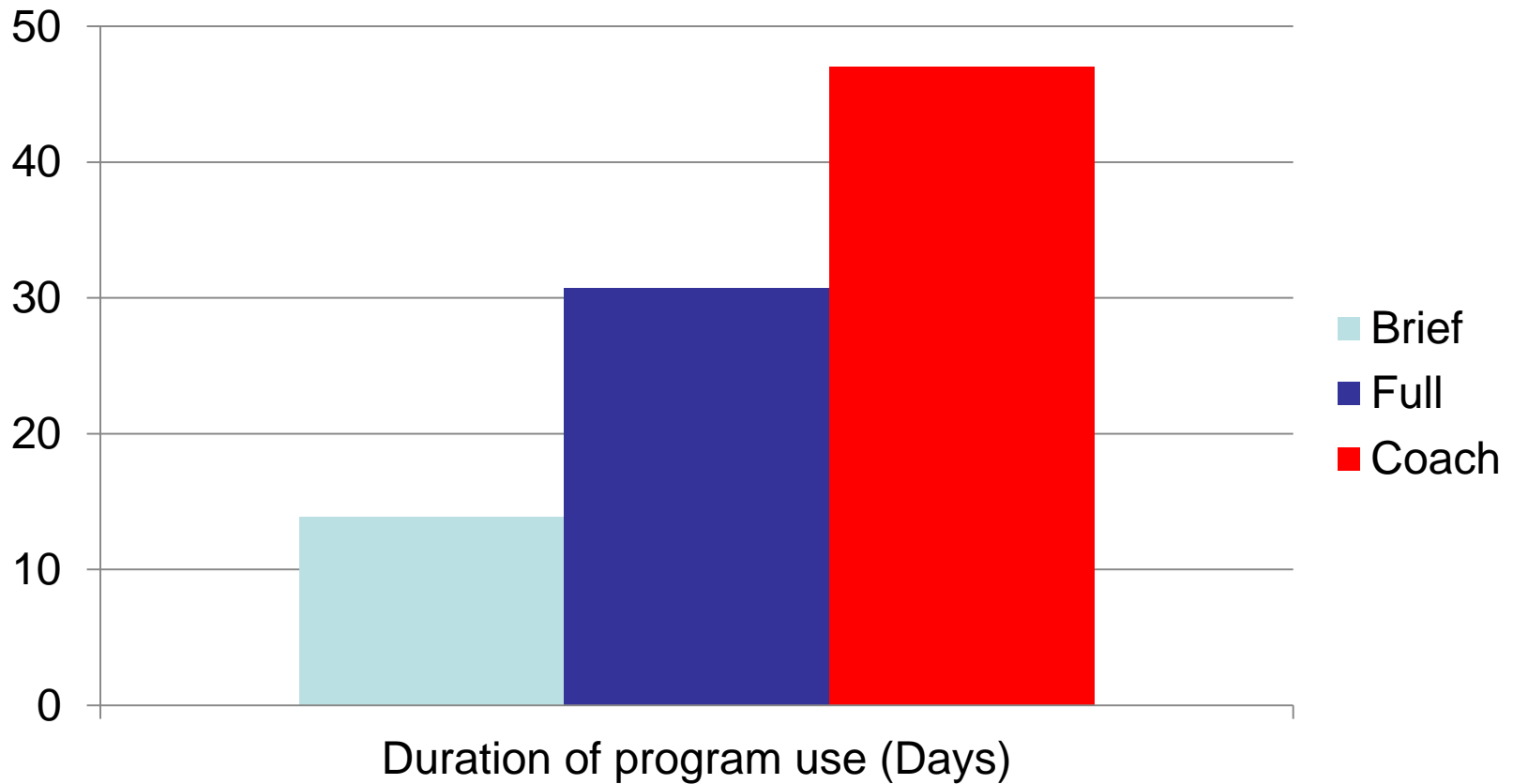
  
**SayWhen Research**  
Be part of a research study evaluating SayWhen.

 Not sure where to begin? Click here to find out.

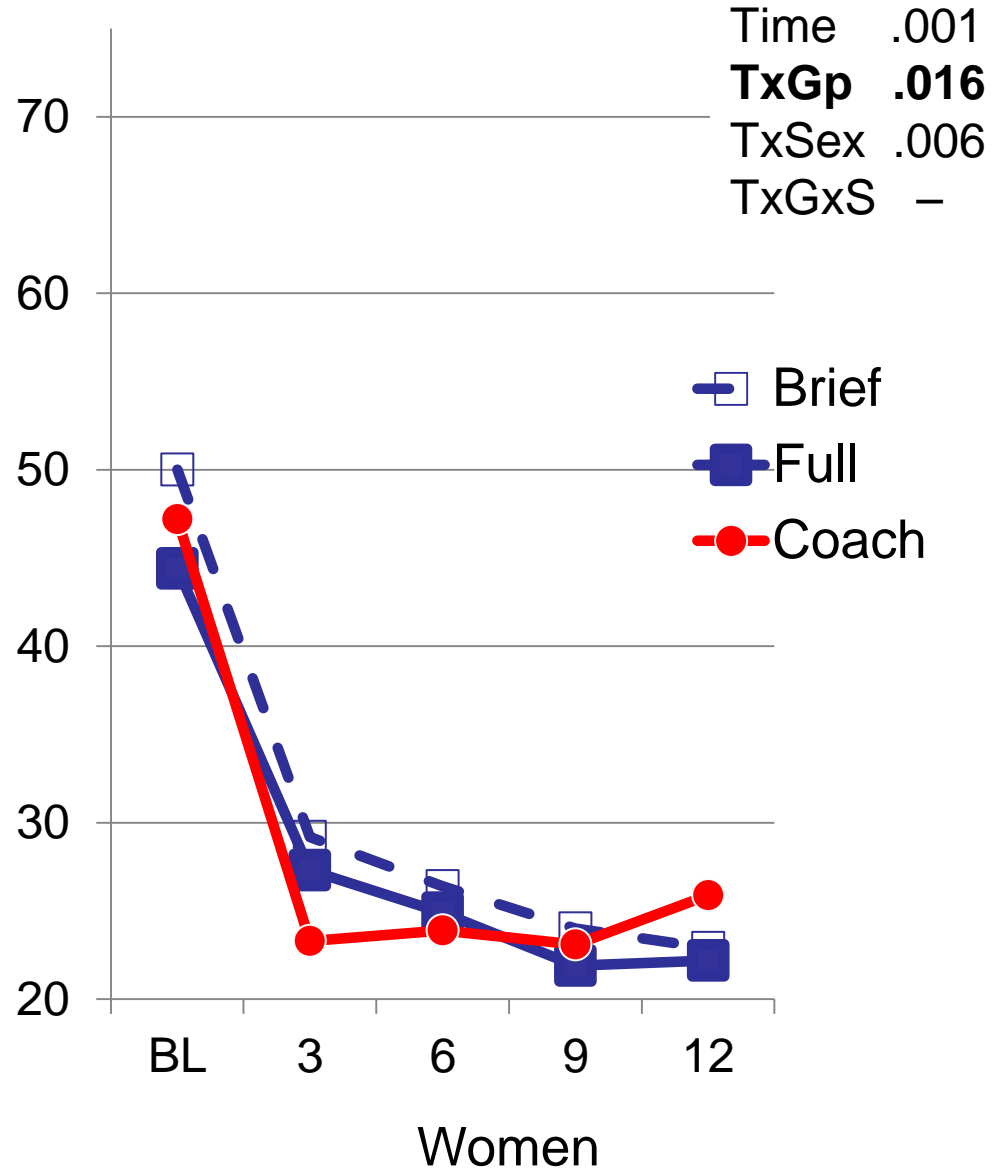
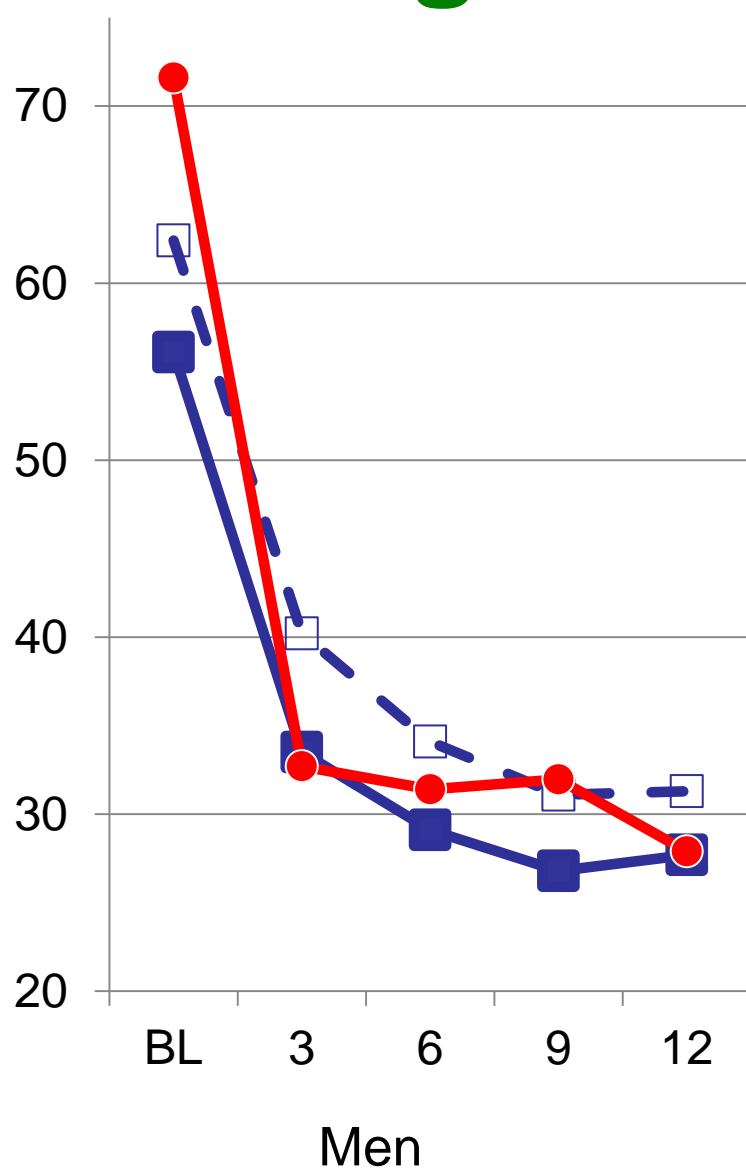
# **Is a coach essential?**

## **OnTrack Alcohol & Depression**

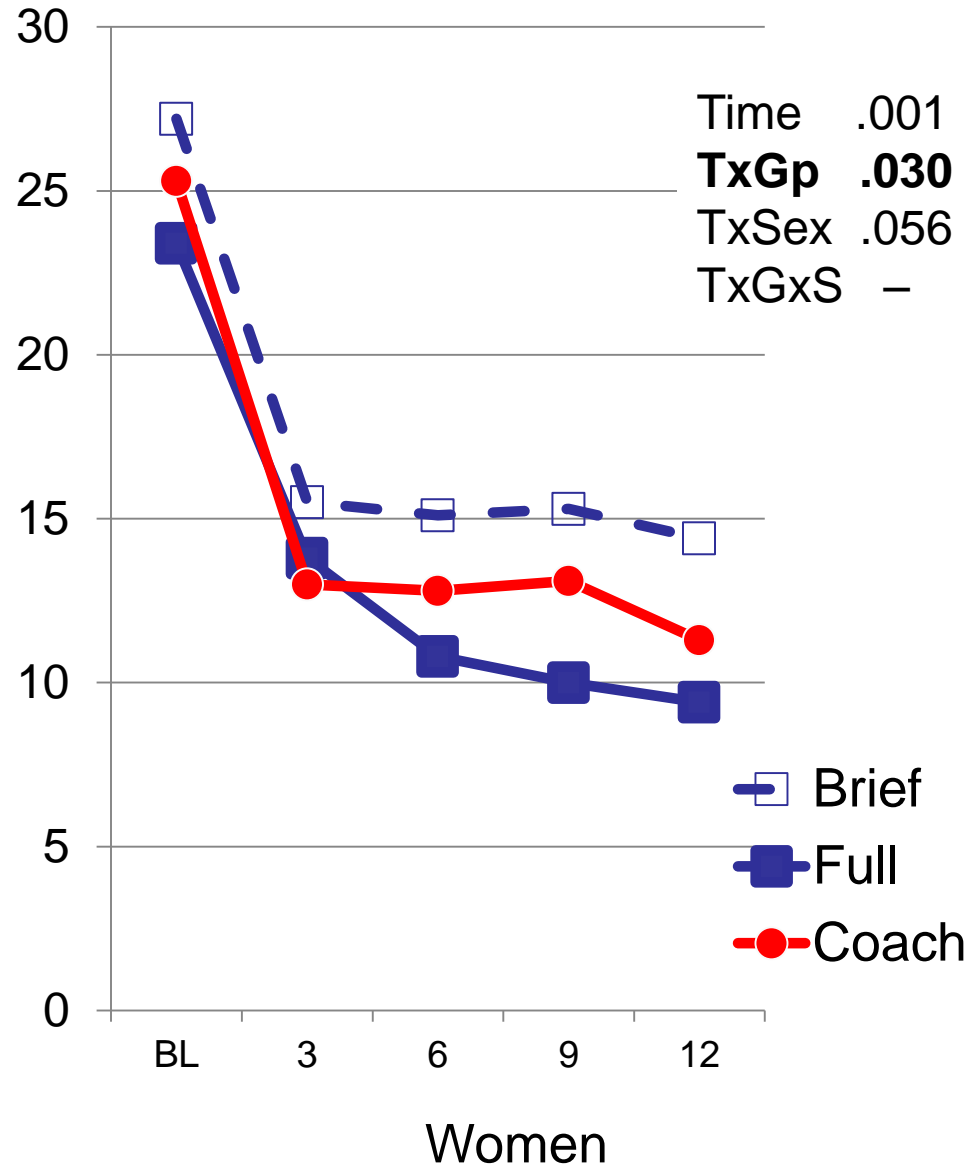
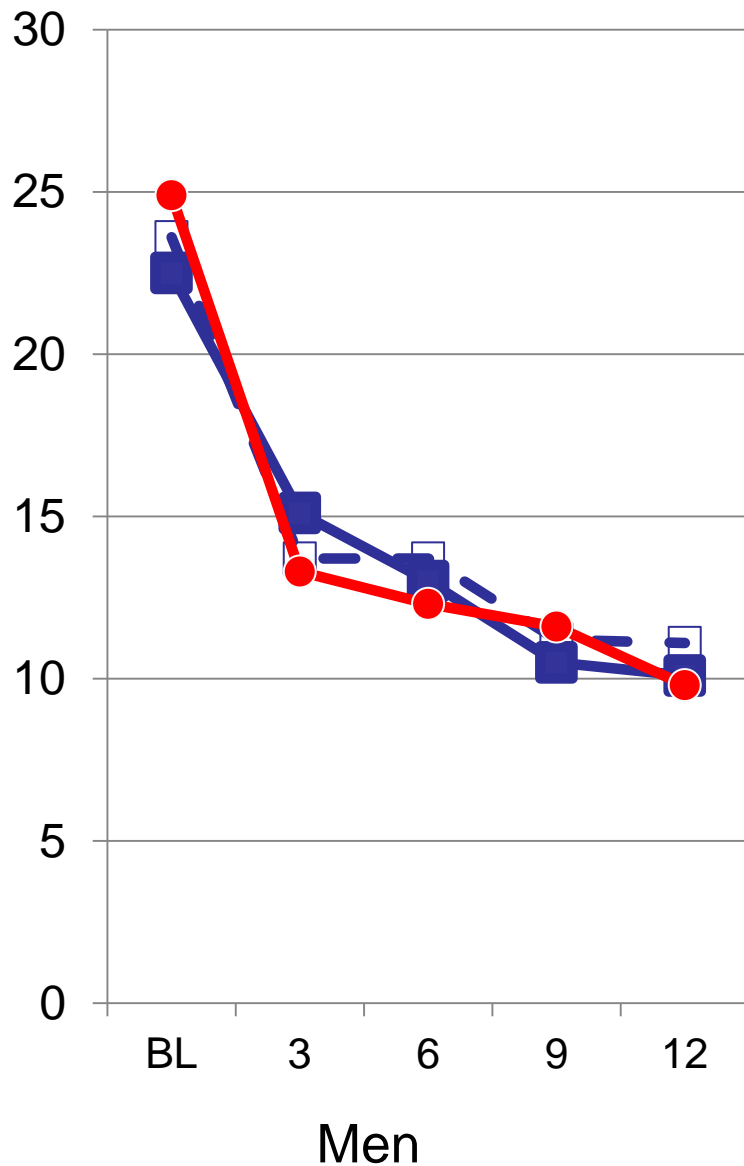
# Duration of program use



# 10gm alcohol units/wk



# Depression









[david.kavanagh@qut.edu.au](mailto:david.kavanagh@qut.edu.au)