

SELF CARE

Maintenance Self Care

List daily practices that you either currently do or would like to start, which contribute to your overall self care in each of the following categories. These are small things that you can commit to doing regularly that benefit your overall health and wellbeing.

Physical:

Emotional:

Social:

Spiritual:

Emergency Self Care

This will be your go-to list when things get tough. When you're struggling with your mental health, it can be hard to remember resources or think of activities that might help you feel better. By writing these things down now, you'll have a plan ready when you need it.

1. Make a list of what you can do when you're stressed that will be good for you and might help you feel better.
For example: watching a movie, having a solo dance party, meditating.
2. Make a list of who you can talk to if you need support or distraction. It may be helpful to divide the list into categories, depending on what you may need.
For example: Who will come over if you need company? Who will listen with no judgement if you need to vent? Who can you call if you're seriously worried about your mental health?
3. Make a list of who and what to avoid when you're having a hard time. Think about maladaptive coping strategies that you might tend to fall back on, and list them out as a reminder for what not to do.
For example: I shouldn't stay in bed all day. I shouldn't drink too much alcohol. I shouldn't text my ex.