

Discussion: Self-Care

Self-care is all about staying well so you can do the things you need to. If you always put others first and don't take care of yourself, soon you won't be able to help anyone else.

We know that there are daily life habits that help to keep us living well. Those things can vary from person to person. Here are some things that may be helpful.

- Take steps to promote your own physical and emotional wellness by staying active in your daily life patterns or by adjusting them. A healthy routine – for example, healthy eating, rest, exercise, relaxation, meditation – will help you and your family.
- Spend time with family and friends and tap into other existing support structures
- Talk with someone about your feelings – anger, sorrow, and other emotions – even though it may be difficult
- Establish a family emergency plan. Knowing ahead of time that you have a plan for what to do in a crisis can be very comforting.

During a stressful event, such as asserting yourself with another person:

- Breathe deeply – increase the oxygen level in your blood and relax
- Do a body scan – if there is tension in a part of your body, intentionally tighten it more and then intentionally relax it; check each part of your body, head to toe
- Acknowledge your feelings but do not judge; feelings are not good or bad, they just are. It is your actions and reactions that you can control.
- Talk with a trusted friend or family member. You can tell them, “I'm not looking for any answers; I just want to talk about this.”

Write three things you will do to take care of yourself:

- 1.
- 2.
- 3.