

Self Care Ideas

Here are things you can try when you are trying to get well or stay well. These are just ideas and different people will find different things to be helpful. Try a few, and find what works for you...

take care of basic needs

- eat something healthy
- eat a favorite food
- drink some water
- get some sleep

do things that are distracting

- do a craft
- play a game
- listen to music
- watch a video
- read a book or magazine
- draw something

draw on positive emotions

- cuddle your pet
- say positive affirmations
- look at photos
- make a list of things you're grateful for

focus your emotions

- talk to another person about what you're feeling
- write about what you're experiencing
- draw your emotions

release some energy

- go for a walk outside
- clean your living area
- do some exercise
- dance

try something relaxing

- do yoga
- do meditation
- try focused breathing
- give yourself a massage
- get a message from someone else
- take a bath

let go of negative feelings

- hit a punching bag
- scream into a pillow
- talk with someone you trust
- go to a support group

plan for the future

- make a to do list
- make plans to do something later
- agree to check in with someone



This information is for educational purposes only. Contact the COMPASS Helpline for additional information and resources about this topic.

call COMPASS at **617-704-6264** or **1-800-370-9085**
email COMPASS at compass@namimass.org