

HANDOUT 2

Taking Care of Yourself: The First Step**Physically**

1. Drink less caffeine.
2. Practice deep breathing.
3. Get plenty of exercise.
4. Eat healthy.
5. Cut back on alcohol.
6. Get regular sleep and take naps.
7. Get a massage.
8. Give a massage.
9. Avoid junk food.
10. Cut back on sugar.
11. Soak in a tub.
12. Do any activity that helps you to relax, such as gardening.

Emotionally

1. Include humor in your life.
2. Keep in touch with friends.
3. Express emotions in healthy ways.
4. Listen to music you like.
5. Let yourself cry.
6. Do things that make you feel good about yourself.
7. Talk to someone about your stress.
8. Ask for help when you need it.

Behaviorally

1. Eat more slowly.
2. Give up smoking.
3. Slow down.
4. Take relaxation breaks.
5. Avoid too many changes at once.

6. Take vacations.
7. Do *nothing* sometimes.
8. Try hobbies or artistic projects.
9. Be spontaneous.
10. Keep a journal.

Cognitively

1. Organize your time—use “to do” lists to set priorities.
2. Listen to relaxation tapes.
3. Meditate or pray to get in touch with your spirituality.
4. Learn to delegate better.
5. Say “no” when your schedule is too full.
6. Escape with books, movies, or plays.
7. Set achievable goals for yourself each day.
8. Set realistic expectations for yourself.

