

## Taking Care of Yourself

Situation: \_\_\_\_\_

Use the following techniques for ideas and consider possible self-care strategies you might apply in difficult or challenging situations. Fill in any additional ideas at bottom.

Self-Care Strategies		
Technique	Tips	Might this technique work in this situation? Describe when and how you might use this:
<b>Deep Breathing</b>	<b>When?</b> <ul style="list-style-type: none"> <li>◦ Well, hopefully always!</li> <li>◦ Particularly when faced with surging or intense emotions</li> </ul> <b>How?</b> <ul style="list-style-type: none"> <li>◦ In through the nose, out through the mouth</li> <li>◦ Through the diaphragm, not your chest or shoulders</li> <li>◦ Pair with a calming visual image, verbal mantra, or saying</li> </ul>	
<b>Muscle Relaxation</b>	<b>When?</b> <ul style="list-style-type: none"> <li>◦ When the tension is building up . . .</li> <li>◦ As an alternative focus for energy (instead of exploding)</li> </ul> <b>How?</b> <ul style="list-style-type: none"> <li>◦ As big or small as you want it to be</li> <li>◦ Under-the-table methods (tense and release)</li> <li>◦ Progressive muscle relaxation</li> </ul>	
<b>Distraction</b>	<b>When?</b> <ul style="list-style-type: none"> <li>◦ Dealing with a problem you can't solve immediately.</li> <li>◦ Caught in a negative mental thought cycle.</li> </ul> <b>How?</b> <ul style="list-style-type: none"> <li>◦ <i>Self-soothe</i>: Consider your five senses.</li> <li>◦ <i>Find alternatives</i>: Switch activities.</li> </ul>	

(cont.)

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Technique	Tips	Might this technique work in this situation? Describe when and how you might use this:
<b>Self-Soothing</b>	<p><b>When?</b></p> <ul style="list-style-type: none"> <li>• As an ongoing tool, to prevent stress build-up</li> <li>• When you want to pamper or reward yourself</li> <li>• When you are upset or stressed and need to calm down</li> <li>• When you are feeling disconnected and need to reconnect</li> </ul> <p><b>How?</b></p> <ul style="list-style-type: none"> <li>• <i>In-the-pocket techniques:</i> Carry small objects that feel soothing or pleasurable; consider all five senses (e.g., a pleasant lotion, a small stone or piece of velvet, a picture of a favorite place).</li> <li>• Identify and incorporate pleasurable activities into daily routine (e.g., a long, hot bath; going for a walk; listening to music).</li> </ul>	
<b>Time-Outs</b>	<p><b>When?</b></p> <ul style="list-style-type: none"> <li>• In the moment, to delay a negative response</li> <li>• Preventive, as an ongoing measure to "charge the batteries"</li> </ul> <p><b>How?</b></p> <ul style="list-style-type: none"> <li>• In the moment: For example, go for a walk, go to your room, go to the bathroom.</li> <li>• Preventive: Build in self-care time daily/weekly/monthly.</li> </ul>	
	<p><i>Ask yourself:</i> Is this a safe situation in which to take a time-out?</p>	
<b>Other techniques?</b>	<p>What other techniques can you think of? Describe <b>when</b> and <b>how</b> you might use these techniques:</p>	