



## Taking Care of Your Mind by Taking Care of Your Body

Remember these as **PLEASE** skills.

**P  
L**

**1. Treat Physical Illness.**

Take care of your body. See a doctor when necessary. Take prescribed medication.

**E**

**2. Balance Eating.**

Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.

**A**

**3. Avoid Mood-Altering Substances.**

Stay off illicit drugs, and use alcohol in moderation (if at all).

**S**

**4. Balance Sleep.**

Try to get 7–9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.

**E**

**5. Get Exercise.**

Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

# **PLEASE Tips & Tricks**

*Increasing Resiliency and decreasing vulnerability to emotion mind*

## **PL- Treat Physical Illness:**

- Take care of your body, see a doctor when necessary, take prescribed medications
- Recognize when you need to use self-respect to take care of illness

## **E-Eating Balanced**

- Think about food as information or fuel for your body; if you are not filling the tank, your ride might not be as smooth.
- 95% of serotonin comes from your gut- what you eat affects how you feel! (***Serotonin helps regulate mood, appetite, and memory***)
  - Try to avoid processed foods and sugars, try to stay hydrated, eat lots of fruits and veggies, and a variety of proteins.
- Talk with your doctor about available supplements, such as fish oil and Vitamin D. These can promote additional resiliency
  - Health Insurance typically cover these if they are prescribed by a physician

## **A- Avoid Mood Altering Drugs**

- Substances impact how we feel and can deplete dopamine and serotonin. These neurotransmitters have been shown to play an important role in mood regulation.

## **S- Balance Sleep**

- Try to get enough sleep to feel refreshed.
- Keep a consistent schedule. Go to bed when sleepy, get out of bed if you're not able to fall asleep after 30 minutes.
- Avoid screen time for at least an hour prior to bed
- Create a wind-down routine to train your body to relax before going to sleep.
  - If you are someone who struggles with worries/racing thoughts before bed, give yourself time to worry before winding down.
  - Write a list of the tasks you wish to address the next day and give yourself permission to try to worry about this tomorrow, when you will be more well rested.
- Exercise during the day can help you fall asleep at night, as long as it is more than an hour before bedtime.
- If you are someone who likes ambient noise to fall asleep, consider white noise machines or fans (instead of TV)
- A warm bath can help activate calming chemicals in the brain

## **E- Get Exercise**

- Engage in some sort of exercise for 20 minutes every day
- Any exercise is exercise- avoid getting stuck in thoughts like: "if I don't have an hour to work out, what's the point"