Taking Care of Your Mind by Taking Care of Your Body

Remember these as PLEASE skills.

**P** 1. Treat Physical Illness. Take care of your body. See a doctor when necessary. Take prescribed medication.

**L**

**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”