

My Self Care Plan 2020

Warning signs:

- **Inability to cope with daily tasks** (not bathing, brushing teeth, brushing hair, refusing to eat or eat too much, sleep all day/refuse to get out of bed, can't sleep or sleeping short periods of time)
- **Rapid mood swings** (increased energy level, unable to stay still/pacing, suddenly depressed/withdrawn, suddenly happy/calm after a period of depression)
- **Increased agitation** (verbal threats, violent/out of control behavior, property destruction, inappropriate language)
- **Displays abusive behavior** (hurting others, cutting/burning/other self-injurious behavior, alcohol or drug abuse)
- **Loss of touch with reality** (unable to recognize family or friends, confused/disorganized, think you're someone you're not, don't understand what people are saying, hear voices, see things that are not there)
- **Isolation from school, work, family, friends** (decreased interest in usual recreational activities, changes in friendships, poor attendance at school or work)
- **Unexplained physical symptoms** (increase in headaches/stomach aches/other pains, often not feeling well)

Coping Skills/Distracton Activities:

- Do a crossword puzzle
- Play a board or card game
- Play with your pet/take your pet on a walk
- Draw/Color/Paint
- Write poetry/short story/song
- Meditate
- Ride your bike
- Clean or organize a space
- Watch a TED talk
- Write in a journal
- Do your laundry
- Take a bath or shower
- Put down your phone for an hour, an afternoon, or a day
- Read a book or magazine
- Cook or bake
- Listen to music
- Dance, do yoga, stretch
- Make a playlist of your favorite uplifting songs
- Make a list of things you like about yourself
- Go for a walk or hike
- Talk to a friend or family member
- Make a funny video
- Take photos of nature
- Do a puzzle
- Practice deep breathing focusing on inhaling to your stomach rather than your chest
- Squeeze an ice cube
- Sit in the sun and close your eyes
- Sip some water or tea slowly
- Write a letter to someone (even if you don't send it)
- Clean up trash outside
- Brush your teeth
- 5-4-3-2-1: **Acknowledge FIVE things you see around you. Acknowledge FOUR things you can touch or feel around you. Acknowledge THREE things you hear. Acknowledge TWO things you can smell. Acknowledge ONE thing you can taste.**
- Get dressed and ready like you're going somewhere
- Read jokes or comics
- Play with play doh, clay, silly putty (you can make this with recipes online!)
- Exercise – swim, run, jog, skateboard, scooter, lift weights, jump rope, play a sport
- Sew, knit, crochet
- Make a collage of picture with your favorite things or with pictures related to goals you have for yourself (vision board)
- Play an instrument
- Sort photos
- Hug someone
- Help someone
- Read inspirational quotes
- Volunteer
- Count backwards from 500
- Write something positive about yourself for every letter of the alphabet. Decorate it and put somewhere you can see every day.
- Do extra credit homework
- Organize the clothes in your closet/organize dresser drawer

1. **Personal Strengths:** (Things I'm good at, compliments I've received, challenges I've overcome, how I've helped others, things that make me unique, what I value the most)
2. **Supports in your life:** (family, friends, school staff, co-workers, others in the community – think of your support circle!)
3. **How others can help me:** (talk about it, give me space, suggest activities to help, get me out of bed to do something)
4. **Something I can do to improve my mental health this week:** (Make a schedule of meals you will eat through the week, talk to someone I trust about how I feel, relaxing activity, complete a task you've put off, engage in art or creative activity, use positive self-talk to replace the negative, make a list of accomplishments or things you are grateful for, set long and short term goals, organize school materials/fill out a planner, do something you used to like to do).
5. **Share this with one or more of the people in your support circle.**