

Self-Care

Maintaining good self care is a vital aspect of recovery and allows for improvements in our relationships and overall quality of life.

Physical Self-Care



Sleep

Use proper sleep hygiene to obtain the appropriate amount of rest and sleep. Establish a bedtime routine and create a comfortable environment for sleep.



Nutrition

Eat a balanced diet, selecting a variety of foods from all food groups. Eat frequent small meals and drink plenty of water.

Medication

Take medications as prescribed and accurately report symptoms & side-effects to your physician.



Exercise

Strive for a minimum of 20 minutes, 3x's per week, building up to around 30 minutes each day. Choose an activity you enjoy and put your exercise routine in your schedule.



Personal Self-Care



Occupation/Education

Apply yourself in your career, education, household & volunteer work to gain a sense of accomplishment and improve self-esteem.



Therapy

Participate and engage in therapeutic activities and groups. Create a recovery and safety plan.

Recreation

Engage in hobbies at least 2-3x's per week. If you are lacking in hobbies, begin by exploring different activities or revisit interests from your youth.



Relaxation

Slow down. Participate in calming and self-soothing activities, such as a prayer, meditation, yoga, enjoying a warm bath, lighting candles, etc.



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