



Self-Care Strategies

NAAPIMHA recognizes that self-care is often hard for us to do. Especially when we are distressed, it can be hard to remember how to take care. Writing down self-care strategies ahead of time is a great way to prepare and remind us for when we need them.

Please respond to the questions below around building a realistic 5 and 30 minute self-care plan, potentially brainstorming/pulling ideas for these questions after filling out the table on the next page for each of the columns/categories with actions and activities that are specific to, and will support you in embracing self-care (Please see page 3 for an example).

- What is a realistic 5-minute self-care activity plan you could do?

- What is a realistic 30-minute self-care activity plan you could do?



NAME:

DATE:

Support & Connection	Comfort	Expression	Spiritual	Physical Movement	Distraction	Other

NAME: PATA (EXAMPLE)

DATE: TODAY'S DATE

Support & Connection	Comfort	Expression	Spiritual	Physical Movement	Distraction	Other
<ul style="list-style-type: none">-Call friends: Catherine, Melissa-Text friends-Call therapist-Write daughter-Post on web/social media-Write e-mail	<ul style="list-style-type: none">-Hugs-Relaxation CD-Deep breathing-Read Affirmations-Take a bath	<ul style="list-style-type: none">-Write in journal-Write for blog-Collage-Work on art projects-Make a necklace-Write a poem-Color mandala	<ul style="list-style-type: none">-Pray-Do a visualization exercise-Meditate-I-Ching reading	<ul style="list-style-type: none">-Ride bicycle-Yoga-Stretches-Take a walk-Weight lifting-Dance	<ul style="list-style-type: none">-Go outside-Sort stuff-Get rid of stuff-Read poetry-Listen to music-Drink tea-Read comics-Watch YouTube videos	<ul style="list-style-type: none">-Do a worksheet-Read self-help literature-Do a self-help exercise-Go to recovery website