

Support Group 6/14/11 – How to Care for Ourselves:

1. Physical

- Drink less coffee and more water
- Exercise more and on a regular basis
- Follow a proper diet/nutrition
- Take medications as recommended by physician
- Get plenty of sleep/rest
- Organization
- Enjoy leisure activities
- Connect with family/friends
- Be flexible
- Acceptance

2. Emotional

- Connect with family/friends
- Find ways to be needed, wanted, loved, and trusted
- Find a purpose - answer the question *who am I?*
- Be flexible
- Seek alternative perspectives
- **HOPE**
- Have a willingness to change
- Be patient with yourself and with others
- Use humor!
- Acceptance

3. Mental

- Awareness is key
- Get plenty of rest/sleep
- Impulse control
- Complete daily mental exercises and use the tools learned in rehabilitation
- Have a willingness to change
- **HOPE**
- Repetition
- Listen and pay attention
- Stop and think
- Acceptance

4. Spiritual

- Find peace/acceptance
- Use meditation/relaxation techniques
- Open up
- Question/ seek
- Use higher power
- Prayer

5. Support System

- **Help them to help you!!**