



# Self Care

## WHAT DOES STRESS LOOK LIKE

### **Physical Responses:**

Change in sleep patterns, Change in appetite, Shallow rapid breathing, Dizziness, Headaches, Muscle Tension, Increased heart rate, Stomach upset

### **Emotional Responses:**

Shock or numbness, Anger toward others involved, Fear, Depression, Guilt/Frustration, Sadness, Feeling unsafe or vulnerable, Loneliness

### **Mental Responses:**

Confusion, Difficulty concentrating, Difficulty remembering details of event

### **Behavioral Responses:**

Withdrawal from others, Angry Outbursts, Crying, Irritability, Decreased energy/ambition, Marital/relationship conflict, Increased use of alcohol or medications, Fear of being alone

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# Self Care Activities

## Physical Self-Care:

- Eat regularly
- Eat healthily
- Exercise
- Get regular preventive medical care
- Get regular medical care when needed
- Take time off when sick
- Get massages
- Fun Physical activity (dance, swim, walk, run, play sports, sing)
- Get enough sleep
- Wear clothes you like
- Take day trips or vacations
- Make time away from telephones/computers

## Psychological Self-Care:

- Make time for self-reflection
  - Psychotherapy
  - Journal
- Read (literature unrelated to work)
- Do something you are not great at
- Listen to your thoughts, judgments, beliefs, attitudes, feelings
  - Learn something new
- Practice receiving from others (like compliments!)
- Say no to extra responsibilities sometimes

## Emotional Self-Care:

- Spend time with others whose company you enjoy,
- Stay in contact with important people in your life
- Give yourself affirmations
- Find ways to increase your sense of self-esteem
- Re-read favorite books, review favorite movies
- Look for and find comforting activities, objects, people, relationships, places
- Allow yourself to cry
- Find things to make you laugh
- Express outrage in social action, letters, donations, marches, protests
- Play with my kids/dogs/animals

## Spiritual Self-Care:

- Make time for reflection
- Spend time with nature
- Find a spiritual connection of community
  - Be open to inspiration
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or expert
- Identify what is meaningful and notice its place in your life
  - Meditate
  - Pray
  - Sing
- Have experiences of awe