

Self Care: Taking Care of Yourself When You Care for Others

Emergency Self-Care

When you are faced with a crisis or stressful situation, you likely won't have time to create a coping strategy. Take time to develop a plan in advance so it's there when you need it.

Try completing the following table to help identify your unique self-care needs during times of distress.



Emergency Self-Care Tools	What To Do	What To Avoid
<p>Relaxation/Staying Calm</p> <p>Which activities help you to relax (deep breathing, taking a walk)? Which activities make you more agitated or frustrated (yelling, lack of sleep, drinking)?</p>		
<p>Self-Talk</p> <p>Helpful self-talk may include, "I can do this." Harmful self-talk may include, "I can't handle this."</p>		
<p>Social Support</p> <p>Who can you reach out to for help or support? Which people should you avoid during times of stress? Be honest about who helps and who zaps your energy.</p>		
<p>Mood</p> <p>Which activities support a positive mood (music, sunshine)? What should you avoid when times get tough (staying in bed all day, avoiding social activities)?</p>		
<p>Resilience</p> <p>What, or who, helps you to get through difficult times? What helps you bounce back? Conversely, what or who feeds negativity for you?</p>		