

Tips & Tricks Responses

PUZZLES

Prioritizing my needs and health first

Positive self-talk

When I'm feeling down, I like to focus on self-care and things that make me happy and calm

Gardening

Connecting with friends

Speaking to myself the way I speak to my friends/loved ones

Shopping

Exercise

Self-Care

Wise words from a 5-year-old:
"When you are being mean to yourself, pretend you're someone else and you won't be so mean to you!"

Music

Ice Cream

WALKING/RUNNING AND LISTENING TO A PODCAST

Giving myself grace

Deep breath

Bubble bath with a book

NAPS

Remind myself that I am human, and every human goes through difficult times

Giving myself permission to exit toxic environments

Realizing the human condition and not alone in making mistakes or missteps

GOOD COFFEE AND A GOOD BOOK

Dancing

Taking time to really sit with and process the emotions that I am feeling

54321 Grounding

Deep stretches

RUNNING

Getting enough sleep

Talking honestly about it with my therapist to get better about it!

A glass of wine with friends

Daily walks

Taking time to relax

Keeping up with my medication

Reading Yoga/Meditation