

# 60 ways to take care of yourself today

Physical	Emotional	Mental	Spiritual
Take a walk	Take a deep breath and positively affirm your feelings	Look at photos from an experience you enjoyed	Find time daily to connect with nature
Ride a bike, skateboard or scooter	Share feelings about an experience with a friend	Read a book	Meditate or pray
Soak in a hot bath with candles and music	Listen to music you like	Make a to do list and cross things off as you accomplish them	Do something to help people in your community
Unplug from technology	Create joyful rituals	Do a puzzle or mind-game	Create time for social gatherings with friends and family
Stretch and move to music	Hug someone or ask for a hug from someone	Say an affirmation	Learn about a culture or religion that is different from your own
Sign up for a group exercise class (yoga, spinning, tai chi, water aerobics etc.)	Play with animals (yours or someone else's)	Write a poem or draw or paint a picture	Visualize yourself in a peaceful place
Sit in the sun for 15 minutes	Call a friend or family member who lives far away	Listen to a podcast or talk radio	Practice unconditional love and forgiveness with self and others
Make one positive change to your diet	Take time to notice what you are feeling several times a day	List things you will do to improve your life	Practice being present in the moment
Watch birds and animals interact in nature	Write a letter to someone who has hurt you, but do not send it	Email, text or write a letter to a friend	Develop daily quiet time routine to connect and center yourself
Take up a new hobby (gardening, cooking, crafting, sports)	Feel your fear and take a positive risk for positive change	Update negative beliefs that limit your life	Learn something new about your culture or family
Sit in a garden or park	Smile at a stranger and send them thoughts of peace, acceptance and joy	Journal daily about your thoughts, reactions and feelings for a month	Connect with how you would like to be remembered
Take a nap	Look at something cute	List your wants, needs and traits in a relationship	Do something to feel connected to your community
Treat yourself to a massage or other relaxing activity	Talk to your inner child in a loving, joyful way	Make a list of short and long term goals	Help out a friend, family member or stranger
Remove physical clutter	Acknowledge yourself for accomplishments you are proud of	Set an intention for your day upon awakening, review before you go to sleep	Enjoy what you most enjoy
Color in a coloring book	Appreciate something funny	Learn your family history	Sing along to music



**Standing Together Against Rape**

1057 W. Fireweed Lane  
Suite 230  
Anchorage, Alaska 99503

Office Line  
Fax  
Web

907.276.7279  
907.278.9983  
www.staralaska.com

24-Hour Crisis Line  
Relay 1-800-877-7273  
Toll Free 800.478.8999

## Coping Strategies List

Name: \_\_\_\_\_

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|--|--|--|--|
| <input type="checkbox"/> Take a deep breaths             | <input type="checkbox"/> Hum your favorite song        | <input type="checkbox"/> Write a positive note       | <input type="checkbox"/> Identify your emotions                    |
| <input type="checkbox"/> Do a positive activity          | <input type="checkbox"/> Doodle on paper               | <input type="checkbox"/> Chew gum                    | <input type="checkbox"/> Express your feelings to someone.         |
| <input type="checkbox"/> Play sports                     | <input type="checkbox"/> Draw a picture                | <input type="checkbox"/> Paint your nails            | <input type="checkbox"/> Write down your thoughts                  |
| <input type="checkbox"/> Think of something funny        | <input type="checkbox"/> Color a coloring page         | <input type="checkbox"/> Write a story               | <input type="checkbox"/> Identify a positive thought               |
| <input type="checkbox"/> Take a quick walk               | <input type="checkbox"/> Clean something               | <input type="checkbox"/> Blog                        | <input type="checkbox"/> Make your day's schedule                  |
| <input type="checkbox"/> Practice yoga                   | <input type="checkbox"/> Meditate                      | <input type="checkbox"/> Read a joke book            | <input type="checkbox"/> List 10 positives about you               |
| <input type="checkbox"/> Stand up and stretch            | <input type="checkbox"/> Use a stress ball             | <input type="checkbox"/> Write a poem                | <input type="checkbox"/> Ask yourself, "What do I need right now?" |
| <input type="checkbox"/> Listen to Music                 | <input type="checkbox"/> Dance                         | <input type="checkbox"/> Drink cold water            | <input type="checkbox"/> Tell someone you are thankful for them    |
| <input type="checkbox"/> Take a time out                 | <input type="checkbox"/> Write a letter                | <input type="checkbox"/> Draw cartoons               | <input type="checkbox"/> Pet an animal                             |
| <input type="checkbox"/> Slowly count to ten             | <input type="checkbox"/> Look at pictures you've taken | <input type="checkbox"/> Read a magazine             | <input type="checkbox"/> Make a list of choices                    |
| <input type="checkbox"/> Use positive self talk          | <input type="checkbox"/> Make a gratitude list         | <input type="checkbox"/> Write a thank you note      | <input type="checkbox"/> Ask an adult for help                     |
| <input type="checkbox"/> Same something kind to yourself | <input type="checkbox"/> List your positive qualities  | <input type="checkbox"/> Count to 100                | <input type="checkbox"/> Organize something                        |
| <input type="checkbox"/> Talk to a friend                | <input type="checkbox"/> Do something kind             | <input type="checkbox"/> Make a list for the future  | <input type="checkbox"/> Chop wood                                 |
| <input type="checkbox"/> Talk to an adult                | <input type="checkbox"/> Give someone a hug            | <input type="checkbox"/> Read inspirational quotes   | <input type="checkbox"/> Play a card game                          |
| <input type="checkbox"/> Close your eyes and relax       | <input type="checkbox"/> Put a puzzle together         | <input type="checkbox"/> Compliment yourself         | <input type="checkbox"/> Listen to nature sounds                   |
| <input type="checkbox"/> Say "I can do this"             | <input type="checkbox"/> Do something you love         | <input type="checkbox"/> Visualize a stop sign       | <input type="checkbox"/> Sit and relax all your muscles            |
| <input type="checkbox"/> Visualize your favorite place   | <input type="checkbox"/> Play with clay                | <input type="checkbox"/> Laugh                       | <input type="checkbox"/> Ask for a break                           |
| <input type="checkbox"/> Think of something happy        | <input type="checkbox"/> Hug a stuffed animal          | <input type="checkbox"/> Smile in the mirror         | <input type="checkbox"/> Go for a run                              |
| <input type="checkbox"/> Think of a pet you love         | <input type="checkbox"/> Rip up paper into pieces      | <input type="checkbox"/> Smile at others             | Can you think of more?   |
| <input type="checkbox"/> Think about someone you love    | <input type="checkbox"/> Play an instrument            | <input type="checkbox"/> Do schoolwork               | <input type="checkbox"/>   |
| <input type="checkbox"/> Get enough sleep                | <input type="checkbox"/> Watch a good movie            | <input type="checkbox"/> Look at animal pictures     | <input type="checkbox"/>   |
| <input type="checkbox"/> Eat a healthy snack             | <input type="checkbox"/> Take pictures                 | <input type="checkbox"/> Hyper-focus on an object    | <input type="checkbox"/>   |
| <input type="checkbox"/> Read a good book                | <input type="checkbox"/> Garden                        | <input type="checkbox"/> Notice 5 things you can see | <input type="checkbox"/>   |
| <input type="checkbox"/> Set a goal                      | <input type="checkbox"/> Write a list                  | <input type="checkbox"/> Use a relaxation app        | <input type="checkbox"/>   |
| <input type="checkbox"/> Write in a journal              | <input type="checkbox"/> Keep a positive attitude      | <input type="checkbox"/> Watch a funny video         | <input type="checkbox"/>   |
|  | <input type="checkbox"/> Schedule time for yourself    | <input type="checkbox"/> Drink some tea              | <input type="checkbox"/>   |
|  | <input type="checkbox"/> Blow bubbles                  | <input type="checkbox"/> Cook or bake                | <input type="checkbox"/>   |
|  |  | <input type="checkbox"/> Plan a trip                 | <input type="checkbox"/>   |
|  |  | <input type="checkbox"/> Use an I-statement          | <input type="checkbox"/>   |

Adapted from Pathways2Success

**SELF-CARE: It's important as a Mental Health First Aider to practice self-care to stay healthy too!**

<b>REFLECTION</b>	<b>RELAXATION</b>	<b>REJUVENATION</b>
<ul style="list-style-type: none"> <li>• Prayer</li> <li>• Smudge</li> <li>• Commit to learning more about your culture and identity</li> <li>• Make a list of things you are proud to have done</li> <li>• Draw or write about each day</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in community and cultural ceremonies</li> <li>• Spend more time in nature</li> <li>• Spend quality time with family</li> <li>• Journal the positive moments of each</li> <li>• Ground yourself with conversations with loved ones</li> <li>• Learn to laugh and play</li> </ul>	<ul style="list-style-type: none"> <li>• Elders</li> <li>• Family</li> <li>• Friends</li> <li>• Exercise 30 minutes a day</li> <li>• Be attentive to what you eat each day</li> <li>• Eat more whole foods; explore traditional recipes</li> <li>• Participate in cultural song, dance and art</li> <li>• Learn more of your traditional language</li> <li>• Surround yourself with positive people</li> </ul>