

Self-care Behaviors

Maintaining the best health possible includes adding structure and self-care behaviors to your daily routine. Commitment to your health and follow-through are both necessary for success.

Try the following to deal with symptoms after a crisis:

- **Relax.** Use relaxation techniques to decrease tension and stress.
- **Use your support system.** Talking about your experience can be helpful. Spend time with people who offer a feeling of comfort and care.
- **Keep a journal.** Putting your thoughts and feelings on paper can be a helpful way to keep them from building up inside. It can also help to evaluate situations and put things into perspective. Be sure to end your writing with one or two positive steps you can take to help solve the problem you are facing.
- **Get regular exercise.** Walking or other aerobic exercise is helpful to decrease stress and body tension.
- **Have structure to each day.** Set reasonable goals each day. Get plenty of rest and eat healthful foods.
- **Avoid making major life decisions during this time.**
- **Be kind to yourself.** Use positive self-talk to reassure yourself that you are working on coping with this crisis in the best way possible.

What are some things you could add to meet your specific needs?
