

## Taking Care of Your Mind by Taking Care of Your Body

Remember these as **PLEASE** skills.

P L	1. Treat <u>P</u> hysica <u>L</u> Illness.	Take care of your body. See a doctor when necessary. Take prescribed medication.
E	2. Balance <u>E</u> ating.	Don't eat too much or too little. Eat regularly and mindfully throughout the day. Stay away from foods that make you feel overly emotional.
A	3. Avoid Mood- <u>A</u> ltering Substances.	Stay off illicit drugs, and use alcohol in moderation (if at all).
S	4. Balance <u>S</u> leep.	Try to get 7–9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Keep to a consistent sleep schedule, especially if you are having difficulty sleeping.
t	5. Get <u>E</u> xercise.	Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.

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