

10 Questions for Self-Care

Think of yourself as a battery - you need time to recharge.
Be gentle with yourself; remember you deserve help and support.

1. Have you bathed today?

- If it's been over 24 hours, try a quick shower or bath.

2. Have you eaten anything healthy in the past few hours?

- You might try a snack such as nuts or dried fruit.

3. Have you had any water to drink in the past hour?

- Hydration is important, start sipping!

4. Did you get enough sleep?

- This is key for mental health; take a nap or go to bed early.

5. Have you gone outside in the past 24 hours?

- Try getting some fresh air in a way that works for you.

6. Is it daytime? If so, are you dressed?

- Choose a favorite shirt, special accessory, or a cozy outfit.

7. Is it nighttime? Can't sleep?

- Put on pajamas, get cozy, put all electronics away, breathe.
- Lie down with your eyes closed for 15 minutes.
- Try some white noise, calming sounds, or a meditation.

8. Do you feel unproductive?

- Think of a small task (making the bed, brushing your teeth, etc.)
- Set a timer for 5 or 10 minutes to do the task.
- Give yourself permission to stop after the timer goes off.

9. Have your medications changed recently?

- Medication changes or missed doses can throw you for a loop.
- If things don't improve, give your doctor a call.

10. Have you connected with others today? Do they know how you're feeling?

- Give a compliment, call or text a loved one, ask for a hug.
- If you have a counselor, reach out to them for support.
- It's important that you let other people know how you're feeling.
- If you can't share with others right now, try writing as an outlet.

If you are in crisis, seek help from a professional or someone you trust.

Suicide Lifeline: 1-800-273-8255

Integral Care: 512-472-4357

Crisis Texas Line: text "NAMI" to 741741

Bluebonnet Trails: 1-800-841-1255