

Basics of Self Care

When dealing with depression, anxiety or stress, we need to go “back to the basics”. Self care is the foundation that is needed when dealing with stressful events or ongoing depression and anxiety. By focusing on these tasks, we combat the feelings of helplessness that keeps the cycle of feeling bad going strong. In addition, basic self care provides key elements that are needed to keep our bodies and minds balanced.

Top Three Self Care Techniques

- ☑ Keep active.
 - ✓ As little as 15 to 30 minutes of physical activity most days has been shown to improve mood.
 - ✓ Long-term regular exercise can help prevent recurrence.
- ☑ Eat well.
 - ✓ A well-balanced eating strategy will help you feel better now and later.
 - ✓ Eat more whole grains, beans and vegetables. They provide a longer-lasting energy source than processed baked goods and sugar.
 - ✓ Eat regular meals, especially breakfast. Regular meals avoid the irritability and overeating that can come from skipping meals.
 - ✓ Increase your intake of cold-water fish such as salmon, halibut, tuna and bluefish. Research indicates that the omega-3 fatty acids in these cold-water fish may help reduce symptoms of depression.
 - ✓ Avoid alcohol and caffeine, which can contribute to depression and anxiety.
- ☑ Get adequate sleep.
 - ✓ Aim for eight hours a night, and be consistent with bedtime.

Additional Self Care Techniques:

- ☑ Simplify your schedule and prioritize.
- ☑ Get organized so you know where to find things you need.
- ☑ Stay connected. Make relationships a priority. Social ties give you a sense of purpose and meaning in life.
- ☑ Cultivate your spirituality. Studies have shown that believing in something larger than yourself strengthens your ability to cope with life's ups and downs.
- ☑ Get out into natural surroundings