



KEEP

CALM

AND

PRACTICE

SELF-CARE

Why Self Care is Important

When we become stressed out, our self-care is often the first thing to go. This is true for a couple of reasons. First, our brains go into fight-or-flight mode, narrowing our perspective. We have options to cope with stress, but we are unable to see them—and the options are often self-care. Second, we are so concerned with solving the problem that is causing our stress that we get tunnel vision and don't recognize when we need a break to eat, sleep, or relax. Our self-care habits are put on the back-burner and we forget to do them. However, there are several self-care options that actually help us cope with stress, and none of them are difficult or take much planning.

7 TIPS

1. Focus on the sensations around you—sights, smells, sounds, tastes, and touch. This helps you to focus on the present moment, allowing for a break from your worries. Focus on those sensations: breath in some fresh air, listen to running water, sit outdoors for a few minutes, take a hot shower or a warm bath, get a massage, burn a scented candle, or listen to music. Pull yourself back into the moment, away from panic mode.
2. Another way to take care of your stressed self is to do something enjoyable. You need to eat, so take yourself out to dinner. Tour your community or city. Garden, Watch a movie, Journal, Go for a walk, Just take a little break and let yourself, smile.
3. If you are looking for a boost of motivation, complete a task that you have been avoiding or challenge your brain in a new way. For example, clean out your junk drawer (and see what treasures you find), try a new activity, drive to a new place and explore, make a list, read a topic you wouldn't normally read, do a puzzle (crossword, word search, Sudoku, etc.).

4. In stressful situations, it is easy to lose touch with the values that allow you to keep a calm mind. Activities we define as spiritual are very personal and help combat stress. Attend church, read poetry or inspiring quotes, meditate, write, spend time surrounded by nature, pray, or make a list of what you are grateful for. Take a minute to unwind and regroup.

5. Our emotions can be challenging during times of stress, and they can't be avoided. Accept your feelings, write them down, cry if you need to, laugh when you can, and have self-compassion. Your emotions are important.

6. Being physical is also a great way to deal with stress and care for yourself. Try yoga, go for a walk (or a run!), dance, stretch, go on a bike ride, and remember to rest.

7. Last, but not least, connecting with others is extremely important. Don't isolate yourself in times of stress. Have lunch with a friend, call someone and catch up, join a club, or host a get-together. Everyone goes through similar stressful situations, and it is good to remember that you are not alone.



Community Resources

AHRC NYC services for individuals with intellectual and developmental disabilities autism spectrum disorder, traumatic brain injury, individuals who are medically fragile, etc.). Counseling, family therapy, support groups, day programs, substance abuse treatment and caregiver respite services.
212-780-4491, M-F, 9-5 www.ahrcnyc.org

The Trevor Project
1-800-850-8078

National Suicide Prevention
LIFELINE
1800-273-TALK

Covenant House New York
460 West 41st Street
New York, NY 10036
(212) 613-0300
TEEN LINE

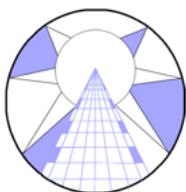
Henry Street
Settlement 212-766-9200

Mobile Crisis Teams (MCT) MCT's serve any person who is experiencing or is at risk of a psychological crisis and requires mental health intervention and follow-up support to overcome resistance to treatment. Teams provide assessments, crisis intervention, supportive counseling, referrals, linkage to community mental health services for ongoing treatment. Website provides info. to contact directly. Free, confidential. www.nyc.gov/html/doh/html/cis/cis_mct.shtml

Chinese America Planning Council
Multi-Service agency for Chinese
Communities across NYC
212-941-0030

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.” —

Eleanor Brown



BARUCH
College Campus
High School