

Practice Self-Care

Identify your power sources

Check the activities that give you an energy boost. Add your own!

- TALK TO A FRIEND ON THE PHONE
- COOK YOUR FAVORITE DISH
- VISIT A FAVORITE PERSON
- TRY A NEW RECIPE
- GO OUT FOR A BITE TO EAT
- ORGANIZE A PARTY
- PLAY WITH YOUR PET
- EXERCISE, DO YOGA OR TAI CHI
- GO FOR A SPIN
- STRETCH YOUR MUSCLES
- EAT ICE CREAM
- GO FOR A WALK
- WATCH A FUNNY MOVIE
- SLEEP OR TAKE A NAP
- GO OUT AND WATCH THE CLOUDS
- GO TO THE MOVIES
- RIDE YOUR BIKE
- GO FOR A SWIM
- GO TO A SPORTING EVENT

ADAPTED FROM THE
DIALECTICAL BEHAVIOR
THERAPY SKILLS WORKBOOK
BY MATTHEW MCKAY ET
AL. (NEW HARBINGER
PUBLICATIONS, 2007).



DISCOVER MORE ENERGY BOOSTERS

- GO HIKING
- PLAY A GAME WITH A FRIEND
- DO SOMETHING EXCITING LIKE SURFING OR ROCK CLIMBING
- PLAY SOLITAIRE
- DO A PUZZLE
- GET A MASSAGE
- WRITE A POEM OR STORY
- EAT CHOCOLATE (IT'S GOOD FOR YOU!)
- GO TO A LIBRARY
- READ YOUR FAVORITE BOOK
- VISIT A MUSEUM OR ART GALLERY
- GO TO THE MALL OR THE PARK
- PRAY OR MEDITATE
- WRITE IN YOUR JOURNAL

PICK ONE ACTIVITY YOU WANT TO DO IN THE NEXT WEEK

DRUGS, ALCOHOL & YOUR BRAIN

Practicing self-care skills on a regular basis builds stronger neural connections in our brain, called synapses. Using drugs (including cannabis) and alcohol can undo the hard work of building a healthy brain by scrambling the flow of information between synapses and negatively impacting memory, attention, and problem solving.

NATIONAL INSTITUTE ON DRUG ABUSE (NIDA), NATIONAL INSTITUTES OF HEALTH, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.



DISCOVER MORE ABOUT BRAINS AND DRUGS