

50 Ways to Take Care of Yourself



Rest when you're tired. **Cry when you're sad.**

Learn when to say NO. **Play with your favorite toys.**

Ride a merry-go-round. **Eat healthy food.** Go for a walk with someone you love. Brush your teeth. **Play with your best friends.** Hug a stuffed animal. **Say nice things to yourself.** Learn how to talk about your feelings.

Take a bath. Be angry when you need to be. Listen to the birds. **Read a book. Color. Laugh.** Eat when you're hungry. **Stop when you're full.** Talk to someone who really understands. Make a new friend. **Exercise. Listen to the rain.** Be honest with yourself and others. **Ask for help when you need it. Play in water. Wear your favorite clothes.** Look at the stars. **Plant something.**

Pick some flowers for yourself. Learn to listen to your body. **Get your back rubbed.** Write on your sidewalk with chalk. Play make-believe. **Do something nice for someone else.** Listen to music. Paint a picture.

Pray and Meditate. **Learn about something new.**

Turn off the television. Listen to the silence inside of you.

Take a nap. **Get a hug.** Spend some time with someone who lets you be yourself. Wrap yourself in a blanket.

Help someone who needs help. Blow bubbles.

Sing a song. Give yourself a big hug.

Celebrate You!

Call 402-717-HOPE
or visit Alegent.com

 **Alegent Health**
Psychiatric Associates