

Information you need: From the Prevention Services Department
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Why is self-care important?

Self-care can help replenish your physical, mental and emotional energy, and boost your creative and spiritual reserves. All of which can become depleted when you are tired and stressed. When you use healthy self-care practices, you are likely to be more patient and have positive interactions with your family, friends, and daily tasks. Self-care helps you to turn the “I can’t do this” into “I can do this”, “I hate this” into “I will get through this”, and “this will take forever” into “this is only temporary”.

This toolkit is designed to help you create your own self-care plan!

Stressors: Events or conditions in your environment that trigger stress.

Write down your current stressors.

How does your mind and body respond to stressors?

We all have different stressors and experience stress differently. Not all stress is bad, but can turn into a problem if one experiences symptoms of stress over long periods, or if the symptoms interfere with daily life. Learn ways you can minimize your stress on the following page.

Why is self-care often not a priority?

There is not enough time or you feel guilty spending time on yourself.

You do not have the energy. Juggling those million tasks takes everything you have.

It feels like self-care involves money.

Low self-esteem. You feel you are not worth spending time on.

My Self-Care Plan

How do you cope now? Identify what you do now to manage the stress in your life. Categorize them as healthy or unhealthy. Eliminating at least one unhealthy coping strategy and adding more healthy ones can be a goal of your self-care maintenance.

Healthy Coping
Strategies

Unhealthy Coping
Strategies

Celebrating You! It is easy to put yourself last when you have school work, chores, taking care of siblings, and other responsibilities. Write down things you like to do below, and then add them in to your weekly schedule.

Staying Healthy. Nutrition, exercise, and proper sleep all play a big part in preventing stress. Answer these questions:

1. How much sleep do you average a night? _____
2. Aside from school work, how much time is spent in front of a screen? (ie: computer, T.V., video games) _____
3. How many days a week do you eat breakfast, lunch, and dinner? _____

Self-Care Maintenance. Sticking to your self-care plan can be difficult. Routines change, things come up, or sometimes we just don't feel like it. Here are a few tips to help you stay on track with your new self-care plan!

- **Share your plan** with someone you trust. They can remind you of your healthy coping strategies when life is difficult.
- **Set goals** and achieve them. Maybe you have found you are not getting enough rest. Set a goal to turn off



Additional Information

[A Guide to Self-Care while Social Distancing](#) – YouTube Video!

[How much sleep should I get?](#) – Click here to find out.

[How to reduce screen time.](#) – Click here to read more.

[Self-Care Ideas!](#) – There are 80 ideas in this list.

Stress Relaxation Strategies

[Athlete Connection: Deep Breathing](#) – YouTube Video by former University of Michigan football player Will Heining.

[Muscle Relaxation](#) – YouTube Video

[Self-Acceptance Meditation](#) – YouTube Video

electronics at bedtime, or to go to bed and get up at the same time every day.

- **Know your barriers.** Barriers to maintaining your self-care plan will happen. Write down a few barriers and come up with solutions to break through them.

BARRIERS

Solutions

Safety. So far, we have focused on the kinds of things you can do regularly to prevent or reduce stress, and maintain a sense of well-being. This next section will help you to plan what you can do under extremely trying circumstances.

1. **Who can you trust?** Identify people in your life that will support you and give you healthy coping strategies or advice.

2. **Safe place.** Identify places you can go if you do not feel safe where you are, who you are with, or even by yourself.

3. **Mums the Word.** Develop a safe word or phrase and share it with the people you trust. This is just in case you can't get the words out, but they will know you need them.

4. **Reframe.** Ask yourself: Is this a stressor I can control? Have I experienced a stressor like this before? If so, what did I do last time? Are my current solutions helpful or harmful to my stressor?

Make a commitment to yourself. Just like the flight attendant says, you need to put on your own oxygen mask first before you can be of help to others. So, take a moment, think it over, and then make your personal commitment to your own self-care.

You deserve it!



Resources:

Your school counselors are still available to help! Check out your school's website for more information.

Crisis Text Line: Text "4HOPE" to 741741 to text with someone anonymously. [Click here to learn more!](#)

Al-Anon/Alateen – Lorain County
440-277-6969

Lorain County Children Services/Child Abuse Hotline
440-329-2121

Lorain County Safe Harbor/Genesis House
866-213-1188

The LCADA Way – Prevention Services Department
440-989-4900