

THE PLEASE SKILL

Take care of your mind by taking care of your body

PL

Treat Physical Illness. Take care of your body and see a doctor when necessary. Take prescribed medications or alternatives consistently.

E

Balanced Eating. Don't eat too much or too little. Eat regularly and mindfully. Stay away from foods that make you feel emotional.

A

Avoid Mood-Altering Substances. Stay off illicit drugs, and use alcohol in moderation (if at all).

S

Balance Sleep. Try to get 7-9 hours of sleep a night, or at least the amount of sleep that helps you feel good. Seek advice if you are having difficulty maintaining a sleep schedule.

E

Get Exercise. Do some sort of exercise every day. Try to build up to 20 minutes of daily exercise.