PLEASE Skills

_Taking care of mind and body to reduce vulnerability to negative emotions._

**P**

**TREAT PHYSICAL ILLNESS**

Take care of your body. Caring for others, requires us to care for ourselves. Make time to see a doctor, take medication, rest.

**E**

**BALANCE EATING**

Eat regularly and reasonably. Keep high protein snacks available to maintain energy, eat mindfully, reduce sugar. Ask for help with meals from friends and family.

**A**

**AVOID MOOD ALTERING FOOD AND SUBSTANCES**

Do not use illicit drugs, reduce alcohol use or stop use if pregnant, watch for caffeine and sugar intake.

**S**

**BALANCE SLEEP, REST WHEN YOU CAN**

Talk to your supports about your sleep needs, rest when the baby rests, work towards establishing a routine for yourself and your infant.

**E**

**BUILD IN EXERCISE**

Try to find time for daily movement, build up to 20 minutes of daily exercise. Develop a routine and include friends/family for support.