

# PLEASE Skills

*Taking care of mind and body to reduce vulnerability to negative emotions.*

## **PL** 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.