

PLEASE SKILLS

The PLEASE skill is a way of monitoring our self-care and reducing vulnerability to intense emotions. Basic things like nutrition, exercise, and sleep as important components of self-care.

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 SUBSTANCE	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.