

Suggestions for self-care:

- Let yourself feel your emotions fully. Don't judge yourself for having them; just acknowledge them as they come, and then let them pass through.
- Make time for you. Do what feels nurturing for yourself – have a bath, go for a walk, phone a friend, read a book. You deserve to pamper yourself.
- Try to eat small, nutritious meals on a regular basis. Rest when you can, even if you can't sleep. Exercise to release tension.
- Develop a daily routine to bring structure to your life. Get up and go to bed at the same time each day. Try to have meals on a schedule. Develop routines for daily chores.
- Set and accomplish goals for yourself each day. Make a list and cross things off as you get them done.
- Remember to take things one day at a time. If you are feeling overwhelmed, just pick one thing that you can do right now and leave the rest for tomorrow.
- On holidays and special occasions, establish new traditions and customs that you can do. Have a potluck with others, volunteer with a community group, or take a little trip.