

Self-Care Practice Tip Sheet

Developing a new habit can be a challenge. Here are some tips to make it easier.

- 👉 ***Decide on regular practice times and put them on your calendar.*** Give some thought to the best days and times of day for you to practice self-care, and then put these in your calendar or planner. It is helpful to also schedule an alternate time late in the week, since life has a way of getting in the way of even the best plans.
- 👉 ***Use the reminder feature on your phone.*** Set one or more reminders about your self-care practice to help you remember, especially in the beginning when you may get busy and forget.
- 👉 ***Make sticky note reminders*** and put them in places you'll see often: the bathroom mirror, medication bottles, computer monitors, etc.
- 👉 ***Ask friends and loved-ones to help you remember.***
- 👉 ***Find a comfortable place for your self-practice*** where you won't be disturbed. Keep a few blankets, pillows, and other comforts close by.
- 👉 If you do have to miss a scheduled self-care practice, look at your calendar right away and ***reschedule while it is fresh in your mind.***
- 👉 ***Post this tip sheet*** somewhere you'll see it regularly!

