

# SELF-CARE PLAN

## R

### Routines, rest, relaxation

- Regular time for activities — eating, sleeping, exercising
- Relaxation — yoga, meditation, massage, warm baths, deep breathing, physical affection
- Relationships — supportive partner, family and friends

## E

### Eating, exercise, education

- Eat a variety of foods, following Canada's Food Guide
- Drink eight to 10 glasses of water daily
- Avoid alcohol, nicotine and limit caffeine
- Moderate exercise: walking, running, swimming
- Read about and understand mood disorders

## S

### Self-care, sleep, spirituality

- Sleep, rest as much as possible
- Reconnect with nature
- Find a sense of meaning or purpose
- Build a support network — family, peers, places of worship, community programs, and groups for Perinatal Mood Disorders

## T

### Time for self, tracking feelings, treatment

- Time to do things you enjoy
- Keep journals — write down feelings
- Physical assessment to rule out underlying problems (thyroid, hemoglobin, blood sugar, etc.)
- Medication may be necessary
- Consider acupuncture, light therapy, Omega-3 fatty acids
- Self-directed workbook for depression and anxiety, peer support and supportive counselling; cognitive behavioural therapy and interpersonal psychotherapy

Adapted from London Middlesex Health Unit

#### PUBLIC HEALTH

1-800-361-5653

TTY: 1-866-512-6228

[york.ca](http://york.ca)

22-5524