

Self-Care

It's important to take care of yourself every day. Sometimes, our goals and plans start to fall apart when we aren't taking care of ourselves physically, emotionally, and spiritually. There are books and tools to help you think about and manage your physical and mental wellness. Here are a few that you can explore on your own, or with your SDC Advisor or another supporter.

Recovering Your Mental Health: Developing a Recovery and Wellness Lifestyle. Written by M. Copeland (2002). Distributed by the Center for Mental Health Services, SAMHSA. Contact 800-789-2647 or visit www.samhsa.gov/, under Publications.

Other booklets in this series: Making and Keeping Friends; Building Self-Esteem; Action Planning for Prevention and Recovery; Dealing with the Effects of Trauma; and Speaking Out for Yourself

Also see Copeland's Website at: <http://www.mentalhealthrecovery.com/>, and the Optional Activity on the TX SDC web site called, "Using Wellness Recovery Action Planning."

The Recovery Workbook: Practical Coping and Empowerment Strategies for People with Psychiatric Disability. Written by L. Spaniol, M. Koehler, & D. Hutchinson (1994). Contact 617-353-3549.

Peace of Body, Peace of Mind: Practical, Effective Techniques for Mental Fitness. Written by Rose Van Sickle. Contact 919-954-9469 or visit www.pljunlimited.com/

Self-Advocacy Technical Assistance Guide. Written by the National Mental Health Consumers' Self-Help Clearinghouse. Contact 800-553-4539 or visit <http://www.mhselfhelp.org/>

If you have been taking care of yourself, but you still feel discouraged, then it's time to talk with your SDC Advisor and other supporters about what's going on. They can go over your plans and how things have been going to help you figure out what's happening. They may help you see that you're being too hard on yourself, are afraid of failure/success, or have lost hope. They may help you divide your tasks into even smaller steps to make things more manageable. They can help you find out if you've lost motivation to continue with your tasks, why, and what to do about it. Whatever the case, it might be helpful to get support when your discouragement or bad feelings last more than a day.

Most of us lose perspective or hope sometimes. Turning to supportive people can help get us back on track.