Looking after your body to steady your mind

Check the physical basics that make emotions harder to manage.

Name _____ Date _____

When you are ill, tired, hungry or hungover, small things hit harder. Looking after the basics does not remove difficult emotions. It makes you less vulnerable to them.

Area	How I am doing now	One small change
Physical health: treating illness and pain, taking medication as prescribed		
Eating: regular, balanced meals		
Mood-altering substances: alcohol, drugs, too much caffeine		
Sleep: enough, at regular times		
Movement: some activity most days		

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ate regularly							
Slept enough							
Moved my body							
Kept alcohol low or none							
Looked after my health							

What do I notice about my mood on the days I looked after the basics?

Based on the PLEASE skills from Dialectical Behaviour Therapy (DBT), developed by Marsha Linehan.

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