

## Coping Skills Home Practice

### Self-Care Part One: Physical Activity



**Self-Care** is a very important part of keeping yourself healthy both physically and mentally. Taking good care of yourself helps you to remain happy and successful in your daily life. One way to take care of yourself is by taking time to engage in physical activity on a regular basis.

**Physical Activity:** Exercising regularly can help individuals manage their stress. Research shows us that regular exercise helps to decrease stress and tension, elevate mood, and raise self-esteem. Exercise prevents anxiety by increasing “feel good” chemicals in our brain like dopamine and “anti-anxiety” chemicals like serotonin.

Physical activity helps productivity. Getting up and moving around increases focus by breaking up long periods of time completing school work or studying. Those who exercise regularly also find that it helps them sleep better at night. Choose an activity that interests you. Look for a virtual lesson online, or a free instructional video on YouTube. See some examples below.

Walking	Hiking	Karate	Biking	Running	Dancing
Yoga	Jump rope	Hula hoop	Jumping jacks	Push ups	Walk the stairs
Walk the dog	Wash the car	Cleaning	Weight lifting	Shoot baskets	Mow the lawn

**More information for parents about benefits of physical activity for adolescents:**

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=90&ContentID=P01602>

**“Be Mindful” cards offer you 50 ways to be present in your life as it is actually taking place. These cards help you to be in the here and now with less thinking about the past or worrying about the future. You can use these daily mindfulness tools when you’re feeling anxious, moody, angry, or just need to relax.**

**Practice strategies from “Be Mindful” card deck:**

- 1) Self-Care Card: “The 5-G’s”  
Think of 5 things you are grateful for today.  
Each day you can start your day by thinking about 5 things that you are thankful for
  
- 2) Self-Care Card: “Mindful Down time”  
We are often on the go, but sometimes it is good to just chillout.  
Doing something that doesn’t require a lot of mental effort or interaction helps.  
Watch a movie, read a magazine or book, take a shower, or even take a nap.
  
- 3) Self-Care Card: “Heart Pumps Blood to Itself First”  
You aren’t being selfish by taking care of yourself.  
Just think, for the body to work the heart has to pump blood to itself first before sending it to the rest of the organs in the body.  
What is something you can do today to take care of yourself?

**Positive Coping Strategies/Fun Activities: Choose a few activities you would like to do this week...**

Listen to music mindfully  
Go for a walk, run or bike ride  
Lie down and look at the clouds, find different shapes  
Read  
Draw, Paint  
Color  
Play in instrument  
Spend some time outdoors, enjoy nature  
Spend time with a pet  
Play a game  
Write a story about a fun memory you have  
Baking/Cooking  
Send a card or letter to a friend or family member (through the mail)  
Practice a sport outside  
Make a meal for your family  
Practice breathing, relaxation techniques  
Listen to Guided Meditation