

- 0 - In bed all day. Feel hopeless and helpless. All is despair.
- 1 - In bed at least half the day. No contact with outside world. Uuugh.
- 2 - Out of bed, but dressing is beyond me. Ditto leaving the house.
- 3 - Up. Dressed. That's all I can manage.

4 - Can manage some simple house chores. Yay?

5 - Struggling but I'm keeping it together at home. That's it.

6 - I can work or volunteer a bit, get out a little, but not long.

7 - I can work or volunteer a little everyday be up and about ~5 hrs a day, maybe make simple weekend plans.

8 - I work/volunteer ~6 hrs/day hang out on weekends and once during the week. Wow!

9 - Capable of managing full-time work and social life, though it's challenging.

10 - Why did I even buy this thing?

How Are You?

(Adapted from Nicole Kelly and Penne Cowan's "Quality of Life scale" for the American Chronic Pain Association)

Daily Minimums

- 6 hours sleep, at least
- 2 meals your spouse/mom/pal/fictional role model would OK.
- brush teeth at least once.
- showers/bathe every other day
- take meds (if applicable)

What's Self-Care?

- Accepting your limits.
- Caring for yourself like anyone else you treasure.
- Admitting when you need help.

Self-Care is NOT..

- Treating your worst impulses like your best.
- Endless retail therapy.
- Necessarily fun, easy or comfy.
- It can require reframing your life!

• Seriously, I made a whole essay on it: <http://lb-lee.dreamwidth.org/1004338.html>

Adjust this list as needed. (I need at least 8 hrs sleep and three meals.) No can do? Turn page...

When You Can't...

Sometimes, self-care seems too much. Everything is awful, you have no time or energy, and self-care seems an unaffordable luxury. Now what?

1. Plan: what's your worst case scenario? What will you do? (I have a crisis-plan 1-pager, the Bad Day Book.)

2. Prioritize: okay, you can't do everything, but you can do something. Name three accomplishments:

- _____
- _____
- _____

...When You Don't

Sometimes we get in our own way.

• "I haven't earned rest/food/exercise/whatever."

You are not a perpetual motion machine.

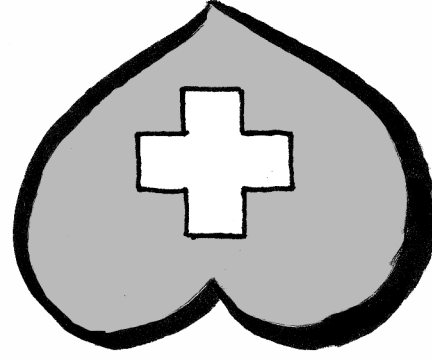
• "So-and-so doesn't need that stuff!"

You are not so-and-so, nor are you psychic.

• "Self-care is just lazy self-indulgence for yoga moms!"

C'mon, even God rested on the seventh day! Chill out.

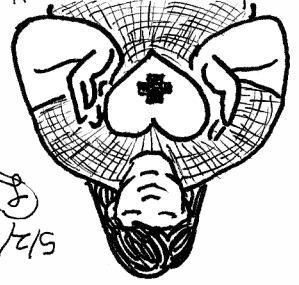
Self-Care 101



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Remember, you are the only you there is. Please take care of yourself!



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Self-care is more than cozy sweaters and hot tea. Fill this out on a good day keep it in your wallet for a bad one!