Here are things you can try when you are trying to get well or stay well. These are just ideas and different people will find different things to be helpful. Try a few, and find what works for you...

<table>
<thead>
<tr>
<th>take care of basic needs</th>
<th>release some energy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• eat something healthy</td>
<td>• go for a walk outside</td>
</tr>
<tr>
<td>• eat a favorite food</td>
<td>• clean your living area</td>
</tr>
<tr>
<td>• drink some water</td>
<td>• do some exercise</td>
</tr>
<tr>
<td>• get some sleep</td>
<td>• dance</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>do things that are distracting</th>
<th>try something relaxing</th>
</tr>
</thead>
<tbody>
<tr>
<td>• do a craft</td>
<td>• do yoga</td>
</tr>
<tr>
<td>• play a game</td>
<td>• do meditation</td>
</tr>
<tr>
<td>• listen to music</td>
<td>• try focused breathing</td>
</tr>
<tr>
<td>• watch a video</td>
<td>• give yourself a massage</td>
</tr>
<tr>
<td>• read a book or magazine</td>
<td>• get a message from someone else</td>
</tr>
<tr>
<td>• draw something</td>
<td>• take a bath</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>draw on positive emotions</th>
<th>let go of negative feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td>• cuddle your pet</td>
<td>• hit a punching bag</td>
</tr>
<tr>
<td>• say positive affirmations</td>
<td>• scream into a pillow</td>
</tr>
<tr>
<td>• look at photos</td>
<td>• talk with someone you trust</td>
</tr>
<tr>
<td>• make a list of things you’re grateful for</td>
<td>• go to a support group</td>
</tr>
</tbody>
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<th>focus your emotions</th>
<th>plan for the future</th>
</tr>
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<tbody>
<tr>
<td>• talk to another person about what you’re feeling</td>
<td>• make a to do list</td>
</tr>
<tr>
<td>• write about what you’re experiencing</td>
<td>• make plans to do something later</td>
</tr>
<tr>
<td>• draw your emotions</td>
<td>• agree to check in with someone</td>
</tr>
</tbody>
</table>

This information is for educational purposes only. Contact the COMPASS Helpline for additional information and resources about this topic.

call COMPASS at 617-704-6264 or 1-800-370-9085
email COMPASS at compass@namimass.org