

PLEASE: Care for your Physical Health

The PLEASE skill is focused on physical Self-Care. There is a strong connection between your body and mind. Tending to your physical health will reduce emotional vulnerability (Linehan, 1993b) and promote mental health. Each letter in the PLEASE skill stands for a way to take care of your physical health. Keep in mind that Self-Care is not about being perfect, but rather the goal is to take small steps toward improved health.

PL—treat PhysicalL illness

Treating PhysicalL illness means taking care of yourself when you are sick and caring for underlying medical conditions. Here are some examples of ways to treat PhysicalL illness:

- See a doctor when ill
- Take medicines as prescribed
- Get extra sleep when sick
- _____
- _____
- _____

E—balanced Eating

Eat so that you have enough energy to get through the day. Don't eat too much or too little. Here are some examples of ways to have balanced Eating:

- Eat at least one vegetable at every meal
- Eat mindfully
- Have fruit as a snack
- Plan out meals for the week
- Drink enough water
- _____
- _____
- _____

A—Avoid mood-altering drugs

Stay away from alcohol and street drugs and only take prescriptions as the doctor prescribed. Limit caffeine and avoid tobacco. Here are additional suggestions for Avoiding mood-altering drugs:

- Only have one soda or coffee each day
- See a doctor for help quitting smoking
- Remove alcohol from the home and have only on special occasions
- _____

S—balanced Sleep

Try to get the right amount of sleep for you. Do not sleep too much or too little. Here are suggestions for ways to get balanced Sleep:

- Go to bed and wake up at the same time every day
- Make sure your bed is comfortable
- Don't read or watch TV in bed
- Nap only when really needed
- Don't have caffeine after noon
- _____

E—balanced Exercise

Try to get some exercise every day. Here are suggestions for ways to get balanced Exercise:

- Take the stairs instead of the elevator
- Take a short walk every day
- Play a sport
- Park at the end of the parking lot
- Do yard work or shovel
- Join a gym
- _____

Worksheet

PLEASE Evaluation

Consider your strengths and weaknesses with the PLEASE skill. Identify one small step you could take in each area of PLEASE.

	What I Do Well	What I Need to Work On	A Small Step I Could Take in This Area
treat P hysical illness			
balanced E ating			
A void mood- altering drugs			
balanced S leep			
balanced E xercise			

Self-Care: Beyond PLEASE

Remember that Self-Care is about acting in ways that promote physical, emotional and spiritual well-being. Here are some additional ways to improve Self-Care.

Limit stress:

- Say no to things you do not have to take on.
- Prioritize your to-do list, and focus on only one item at a time.
- Ask for help if needed.
- _____
- _____
- _____

Have and use a support system:

- Talk to other parents.
- Go on regular dates with your partner or spouse.
- Do enjoyable activities with your friends.
- Attend support groups for parents.
- _____
- _____
- _____

Make time for yourself each day:

- Set aside 5 to 10 minutes to do something you enjoy.
- Take a nightly walk.
- Use Self-Soothe.
- Relax daily.
- _____
- _____
- _____

Connect with your spiritual side:

- Pray
- Meditate
- Join a religious group or class
- _____
- _____
- _____

Self-Care: A Family Affair

Self-Care is about making decisions for your health and wellness. Each individual is responsible for his or her own Self-Care, and this includes teenagers. Remember that you cannot make your teen change his or her Self-Care choices. However, there are ways that you influence your teen and family's Self-Care.

Model Self-Care

Teenagers are more likely to do what they see than what they are told. One of the most influential ways to promote Self-Care with your teenager is by having good Self-Care yourself. Small steps with your own Self-Care can improve your whole household's Self-Care. For example, if you take steps toward improved eating, you may not buy junk food and will be likely to have fruits and vegetables readily available. This will make healthy food available and junk food unavailable not only to you but to your teen as well. Plus, your positive change can inspire and motivate change in others.

Create Family Goals

Sit down with your teen and other family members to have a conversation about Self-Care. Have a positive and non-judgmental approach, and ask your family about Self-Care strengths and weaknesses. Discuss reasonable goals to work on as a family, ways you can hold each other accountable and ways to encourage each other when you hit low spots in making change.

Make family goals *reasonable*. Make sure that you can accomplish your goal. If in doubt, make the goal easier rather than harder. Remember that you can always make a goal more challenging, and accomplishing a goal can motivate you to keep going.

Break your big goals into *small steps*, and focus on one step at a time. It may take more time to achieve your goal but will ensure lasting change.

Make family goals *measurable*. Having a way to measure success with goals will help you recognize change and give you a concrete step on which to focus. An example of measurement is having a targeted number of times each day or week you would like to accomplish your goal.

Use the CARES Skill to Create Consistency

Review the next section to learn the CARES skill, which will help you create consistency with your Self-Care goals.

Review this example and complete the following worksheet to set Self-Care goals with your family.

Goal: Improve balanced Exercise as a family.

Small Step #1: Take a walk as a family one time each week.

Accountability: We will mark a star on the calendar for each day a walk is taken, and if we have at least three stars by the end of the month, we'll go out for a special family dinner.

Encouragement: We will tell each other "you can do it!" if we don't feel like following through.

Small Step #2: Start parking at the end of the parking lot when we go to the store.

Accountability: Every evening, tell each other if we parked at the end of a parking lot that day.

Encouragement: Send each other positive notes or texts.

Worksheet

Family Goals for Self-Care

Goal #1: _____

Small Step #1: _____

Accountability: _____

Encouragement: _____

Small Step #2: _____

Accountability: _____

Encouragement: _____

Goal #2: _____

Small Step #1: _____

Accountability: _____

Encouragement: _____

Small Step #2: _____

Accountability: _____

Encouragement: _____

Ways of Problem Solving

Parent Creating Solutions

My Way: Polarized, using power, force, coersions, negative consequences, or other means to try to get the other person to change or comply.

I'll Change First: Parent employs their own change as an invitation for the other person to change. Utilizes the transactional model. **Not recommended in most cases and often backfires.*

My Solution: Parent employs their own solution to problem. Imbalanced and imposed, therefore soothing and validation must be added. Must include an invitation for collaborative problem solving when child is ready.

Parent And Child Working Together

Parent as Guide: Parent functions as a guide, allowing the child to take the lead in problem solving and stepping in only when necessary or requested by the child. Helpful when the child is developing mastery in solving the problem at hand.

Parent as Consultant: Parent functions as consultant, stepping in only when requested by the child. Helpful when child has demonstrated effectiveness or mastery in managing problem in the past.

In it Together: Parent and child work together to arrive at a mutual solution. Necessary when problem impacts both parent and child. Requires use of accurate expression, validation and relationship mindfulness.