

PLEASE Skills



Physical Health

Physical Health Care – Anything from regular checkups, to treating an existing physical illness. Follow medical advice and take prescribed medications.

Any problem is harder to solve when you are feeling unwell



Lauber - Rinse

Attend to Physical Hygiene - Which can help to raise your self-esteem, helping you feel stronger and better equipped to cope. Take a little time to pay attention to your physical appearance.



Eat Balanced

Eating Balanced – Eating foods that nourish your body to promote health. Avoiding foods that fill without energizing, or that weigh you down. Eating often enough to feed our needs, but no more often than needed.



Avoid Mind Altering Agents

Mind Altering – Any substance that changes the way you see things, or feel. Not meaning medically prescribed drugs that may have this as a side effect. But, meaning any substance that changes YOU... We react to things differently.



Sleep Balanced

Balanced Sleep – Just what it sounds like. Do your best to sleep regular hours. Feeling tired can make things look worse than they are. Sleeping too much can be a way of escaping, rather than coping.



Exercise

Exercise - Physical Activity stimulates chemicals in your brain that bring about a happier, brighter mood. The muscular exertion can work out the tensions caused by stress helping you to feel more relaxed.