



## Generations Psychological & Consultation Services, LLC

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### Self-Care Tips

- **Mindfulness:** Set a timer for 5-10 minutes and just sit, stand, or walk while observing your thoughts but not getting tied down by any of one of them.
- **Journaling:** Get a small notebook and write down how you feel, what you are hoping will happen, and what you are thankful for.
- **3 Small tasks:** When you feel out of control, do three simple tasks to get you back on track. Examples include, deciding what to eat for dinner, putting dishes in the dishwasher, or scheduling a doctor's appointment for yourself.
- **Creative problem-solving:** What if you moved to Bora Bora? Consider all possible solutions to an issue, even if you probably won't do them all.
- **1 Thing:** What is one thing that has gone well for you in the past 24 hours? Why? Don't stop until you get to a personal strength of yours.
- **Walk or stretch:** Enough said. Move your body.
- **Happiness LIST (likes, interests, & satisfying things):** Create a menu so that when you do actually have free time, you aren't using it to decide what to do.