1. TAKE CARE OF YOURSELF
   Take care of your body. See a doctor when necessary and follow your doctor’s advice.

2. BALANCE EATING
   Don’t eat too much or too little. Stay away from foods that make you feel overly emotional.

3. DON’T ABUSE DRUGS OR ALCOHOL
   Stay off non-prescribed drugs, including alcohol.

4. BALANCE SLEEP
   Try to get the amount of sleep that helps you feel good. Keep to a sleep program if you are having difficulty sleeping.

5. GET EXERCISE
   Do some sort of exercise every day; try to build up to 20 minutes of vigorous exercise.

6. BUILD UP YOUR SKILLS
   Try to do one thing a day to make yourself feel competent and in control.

Resource: Linehan, M. CBT+