

# 3-FOR-ME

## MIND (PICK 1-3 PER DAY)

Read something different  
Learn a new skill/recipe/game  
Watch a show from start to finish  
Focus on a task for 30 minutes  
Make art or be creative  
Visualize yourself being calm  
Listen to music without distractions

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## BODY (PICK 1-3 PER DAY)

Move/Exercise  
Prioritize sleep  
Cook a real meal  
Choose a healthy snack  
Drink water  
Practice hygiene (shower, etc.)  
Take my medications

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## SPIRIT (PICK 1-3 PER DAY)

Write in journal  
Call/connect with friends  
Practice breathing  
Sit with my feelings  
Talk to my therapist  
Pray or meditate  
Spend time in nature

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### Anxiety Management Tool

In times of stress, lack of structure, loss of routines, and slipping self-care practices only make your anxiety higher. Adopt this '3-for-Me' approach to caring for your mind, body and spirit. Choose 1 or more from each category and check them off each day to hold yourself accountable and track your progress.