



# Pause, Reset, Nourish:

## PLEASE: Focus on the Basics

### WHEN TO USE

- PLEASE basics are like emotional vitamins or armour to make you less susceptible to negative emotions and are most effective when taken regularly. Checking in through PRN can help us to stay on track with these essential basics.

### CATEGORY

Taking care of the Body will help us regulate emotions.

### THE SCIENCE BEHIND THIS PRACTICE

Lifestyle factors are powerful and can affect our emotional health. It is important to recognize how other health-related illnesses can influence how we feel.

PLEASE is a mnemonic (memory helper) used to remember five basic areas that focus on taking care of our mind by taking care of our body. This can reduce being hijacked by our emotional brain during times of stress.

### OVERVIEW

- We all can benefit from understanding how taking care of our bodies can affect our mind and emotions. The purpose is to create a daily wellness routine to help reduce the intensity of emotions. PRN helps us to check in regularly with this routine and make micro adjustments as needed.

<p><b>WHAT IS NEEDED</b></p>	<p>An overall practice of good physical care. Having a practice of continuously improving the physical basics where we foster optimal exercise, sleep and nutrition is the foundation of resilience. Pausing to check in with our daily practice of these basics can help keep our physical wellness on track. The PLEASE mnemonic will help remind us of these basics.</p>
<p><b>PAUSE</b></p>	<p>Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?</p>

## RESET

Check in to self-reflect during this pause with how well you are doing overall with your physical health utilizing PLEASE to help check in with all areas of physical health. Also remember that this is not about self-judgement or criticism but about recognizing where you may wish to kindly devote some attention to your physical self.

### **PL** (assess Physical wellness)

- Are there any sensations of concern in the body (such as pain, swelling, etc) that need to be taken care of or given further attention
- Seek medical assistance as needed
- Take medication as prescribed

### **E** (Eating a balanced diet)

- Nutrition is important – do not eat too much or too little—assess whether you may need to increase some foods such as greens and decrease other foods such as processed foods or sugary foods, etc
- Become aware of foods that may contribute to feeling overly emotional and avoid these
- Practice mindful eating that is being aware of the process of eating and taking time to taste your food

### **A** (Avoid or minimize the use of mood altering drugs)

- Alcohol and other drugs can lower resistance to negative emotions
- Alcohol is a depressant, it lowers inhibitions and can lead to faster and exaggerated emotional reactions

### **S** (Sleep an average of 7 to 10 hours)

- Sleep is critical - ensure that you are getting the amount of sleep that helps you feel rested on a regular basis
- Maintain a sleep schedule that signals to the body that it is time for sleep— avoid under or oversleeping
- Refer to the Sleep Tips sheet for further suggestions if you have consistent challenges with sleep

### **E** (Exercise regularly)

- Exercise is a natural antidepressant and can boost the immune system
- Mood enhancement is usually noticed following the first 5 minutes of moderate exercise
- 20 minutes of daily exercise or 150 minutes a week is recommended

After reflecting on PLEASE set a small goal to attend to your physical wellness based on your self-reflection. For example you may decide that you need to make a dentist's appointment,

	or bring you lunch versus buying fast food, or going to bed earlier today, etc. Commit to just that one thing for today.
<b>NOURISH</b>	Notice once again what is here for you now with curiosity and without judgement now that you have committed to taking care of your physical health in some small way. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.
<b>FURTHER RESOURCES/ REFERENCES</b>	Adapted by the Child & Youth Mental Health Inpatient Program, McMaster Children’s Hospital, HHS From the DBT Skills In Schools – Skills Training for Emotional Problem Solving for Adolescents (DBT Steps-A)Mazza, James, J., Dexter-Mazza, Elizabeth T., Miller, Alec L., Rathus, Jill H., Murphy, Heather E., 2016 Gilford Press

**NOTES/SPECIAL CONSIDERATION:**

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.