

Self-Care Work Sheet #4: Stay Physically Active

What will physical activity do for you?

- Increase natural painkillers in your body (endorphins).
- Change the chemicals in your brain (the same ones that antidepressants target).
- Make you feel better.

MY PLAN

What specific physical activity could I do every day?

Every day during the next week, I will commit at least _____ minutes (make it easy and reasonable!) to doing:
