

BASIC Ph: An Easy Way To Remember Self-Care

Another tool to help remember self-care areas of importance is known as **BASIC Ph**. Based on the work of Mooli Lahad, a mental health professional from Israel, BASIC Ph is a quick and easy way to remember the science of what we know about good self-care:

- **Beliefs** (values, beliefs, self-statements)
- **Affect** (expression of feelings)
- **Social** (time with others)
- **Imagination** (creativity, humor)
- **Cognition** (information gathering, organizing)
- **Physical** (for your body and your mind)

Everyone's self-care needs are unique, so it is important to create a menu of self-care activities for YOU to pick from — activities that will work just for you. Each letter in the BASIC Ph helps us to develop a beginning menu.

Activity: Brainstorm examples for each category.

Beliefs (e.g., the mantra "one day at a time")	
Affect (e.g., crying, laughing, letting emotion out)	
Social (e.g., shopping with a friend)	
Imagination (e.g., crafts, gardening, singing)	
Cognition (e.g., learning, seeking information)	
Physical (e.g., exercise, dancing)	

Each person should commit to making a menu of self-care activities and doing at least one each day.

The contents of this workbook were developed under a contract from the U.S. Department of Education, and you should not assume endorsement by the Federal government.