

Personal Bill of Rights

1. *I have the right to ask for what I want.*
2. *I have the right to say no to requests or demands I cannot meet.*
3. *I have the right to express all of my feelings, positive or negative.*
4. *I have the right to change my mind.*
5. *I have the right to make mistakes and not have to be perfect.*
6. *I have the right to follow my own values and standards.*
7. *I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.*
8. *I have the right to determine my own priorities.*
9. *I have the right not to be responsible for others' behaviors, actions, feelings, or problems.*
10. *I have the right to expect honesty from others.*
11. *I have the right to be angry at someone I love.*
12. *I have the right to be uniquely myself.*
13. *I have the right to feel scared and say, "I'm afraid."*
14. *I have the right to say, "I don't know."*
15. *I have the right not to give excuses or reasons for my behavior.*
16. *I have the right to make decisions based on my feelings.*
17. *I have the right to my own needs for personal space and time.*
18. *I have the right to be playful and frivolous.*
19. *I have the right to be healthier than those around me.*
20. *I have the right to be in a non-abusive environment.*
21. *I have the right to make friends and be comfortable around people.*
22. *I have the right to change and grow.*
23. *I have the right to have my needs and wants respected by others.*
24. *I have the right to be treated with dignity and respect.*
25. *I have the right to be happy.*

~ Author Unknown ~





GRAPES

Gentle to Self:

- ❖ Talk more Kindly to myself
- ❖ Try to forgive myself
- ❖ Try to encourage myself rather than criticize
- ❖ Reflect on:
 - What I value most in life
 - Enjoyable moments
 - My dreams
 - What I am Thankful for
 - What I like to do
- ❖ Read a self-help or self-nurturing book
- ❖ Write an encouraging letter to myself
- ❖ Read the Personal Bill of Rights ([see copy](#))
- ❖ Practice positive affirmations
- ❖ Communicate my needs/ feelings to a loved one
- ❖ Say no to an inconvenient request
- ❖ Drink enough water daily
- ❖ Meditate

Relaxation: Get your body to relax & your mind will follow:

- ❖ Learn to relax your body and muscles
- ❖ Yoga
- ❖ Qigong
- ❖ Progressive muscle relaxation
- ❖ Guided Imagery
- ❖ Body Scan
- ❖ Acupuncture
- ❖ Massage
- ❖ Deep Breathing
- ❖ Sauna/ hot tub
- ❖ Remind yourself that it is Ok to relax
- ❖ Go look at the stars
- ❖ Watch the sunrise or sunset

Accomplishments:

- ❖ Make a healthy meal for myself
- ❖ Buy healthy groceries for the week
- ❖ Make a meal plan
- ❖ Go to therapy
- ❖ Do laundry
- ❖ Clean home
- ❖ Pay bills/set up automatic payments
- ❖ Donate old clothes to charity

Pleasure:

- ❖ Go to dinner

- ❖ Watch a movie/ read a book or poetry
- ❖ Get a massage or hair cut
- ❖ Relax at the beach or park
- ❖ Do a puzzle
- ❖ Do an art project
- ❖ Visit a museum
- ❖ Look for ideas/ events in the San Diego Reader, City Beat magazine, or meetup.com
- ❖ Visit an art gallery, walk around Seaport Village
- ❖ Go to the Farmer's Market, buy fresh flowers

Exercise:

- ❖ Go for a walk
- ❖ Join a gym
- ❖ Go to a yoga class, Pilates, Zumba
- ❖ Go for a hike, bike ride, kayaking
- ❖ Walk around the beach

Social:

- ❖ Invite a friend for lunch
- ❖ Talk to members of the group on the break
- ❖ Attend a meetup.com group
- ❖ Go to a social group through church
- ❖ Call a friend or family member
- ❖ Send an email to someone you care about
- ❖ Take a class(Community Colleges or an art class)
- ❖ Write a letter to an old friend
- ❖ Tell someone how you feel about them

Please see the following links for relaxation: <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads#muscle>

<https://www.loyola.edu/department/counseling-center/students/relaxation>

<https://www.sandiego.edu/counseling-center/resources/relaxation-exercises.php>

<http://www.sfu.ca/students/health/>

<https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/default.aspx>

