

MEDDSS – “Have you taken your MEDDSS today?”

Daily self care has a positive effect on emotions.

If you have experienced a negative change in your emotions, use this skill as a self-inventory to determine whether you’ve neglected some area of self care.

Ask yourself questions related to mastery, exercise, diet, drugs, and spirituality because self care or lack of self care in each one of these areas affects your mood.



Healthy Minds. Healthy Lives. Healthy Communities.

1111 E Spruce Street
Garden City, KS 67846
620.276.7689

Mastery: *Spend time each day doing things that make you feel competent and capable.*

Exercise: *A regular exercise program helps you feel better about yourself. It also provides a “natural high”*

Diet: *Eat healthy. Focus on balanced nutrition and moderation. Don’t eat too much or too little. Stay away from foods that make you overly emotional.*

Drugs: *Abstain from non-prescribed or illegal mind-altering drugs. Take prescribed medications as necessary.*

Sleep: *Don’t sleep too much or too little. Get the amount of sleep that helps you feel good.*

Spirituality: *Spend time each day developing your spiritual life. Read spiritual literature, mediated, journal, pray, practice your spiritual belief.*