

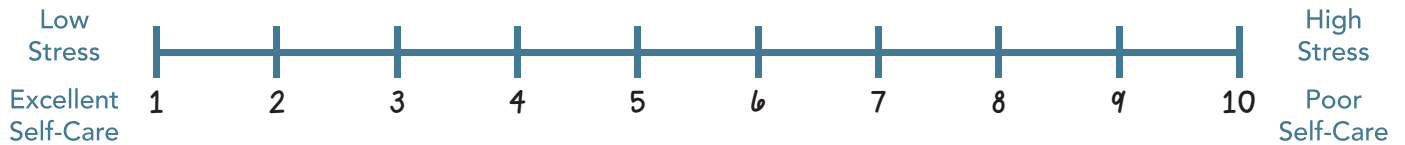
You Can Take Better Care of Yourself!



Step 1: Reflection

First, think about your own stress and how you handle it.

Rate your current stress level by placing an X on the scale below.



Now rate your self-care. Consider how you take care of your body (health), your mind, your spirit and your relationships and draw a star on the scale above to show how good you feel your self care routine is.

Consider: Are there things you're doing for self-care that aren't that helpful and you'd like to do less of (or replace with something else)? For example, maybe you're overindulging in food or alcohol when you'd prefer to be going for walks or calling a friend.

Consider: Are there things you're doing that helps lower stress or helps you cope better?



Step 2: Refine Your Self-Care

What areas would you like to focus on? This could be mind, body, emotions, spiritual, work, relationships or something else.

What self-care ideas do you feel would be most fulfilling in the area(s) you want to focus on?



Set a goal to do at least one of these ideas each week for the next 2-4 weeks. Then evaluate how it went and make any adjustments.

You can always revisit another area to focus on, set another goal and work on it! Eventually, you want to have a varied list of self-care strategies across the important areas of your life – which can be helpful, especially in difficult/stressful times.

Being consistent about your self-care can model for your child how to cope with stress.