Structured Self-Care Exercise

Take a moment to reflect and write out a structure of self-care to implement in the moment, and in the space between.

- 3 things I need to pay attention to during in the moment (e.g. tightness in chest)
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- 3 affirmations I can say to myself when confronted with a new challenge or difficult story (e.g. “remember your strength,” “you are doing your best”):
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- 3 things I can do when I have a 10 minute break (e.g. close my eyes and focus on breath)
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- 3 things I can do at the end of the day (e.g. take 10 conscious breaths or call a friend)
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- 3 things I can do at least once a week (e.g. journal reflection, experience nature, connect)
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- 3 things I can do twice a month (e.g. consult with a mentor, get creative, play)
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