

MY SELF-CARE SQUARE

Goal: Simple visual reminder to incorporate positive habits/activities that are designed to help you achieve a healthy emotional and psychological well-being, manage stress, reduce anxiety, and increase self-awareness.

<p style="text-align: center;">Daily Activities</p> <p><i>Think of activities that you need to do everyday.</i></p> <p>1) _____</p> <p>2) _____</p> <p>3) _____</p> <p>4) _____</p>	<p style="text-align: center;">Occasional/Special:</p> <p><i>Think of activities that special activities that allow you to either feel connected, relaxed, pampered and/or alive!</i></p> <p>1) _____</p> <p>2) _____</p> <p>3) _____</p> <p>4) _____</p>
<p style="text-align: center;">Micro Self-Care Practices</p> <p><i>Think of activities that you can do multiple times a day that check you in to the present moment.</i></p> <p>1) _____</p> <p>2) _____</p> <p>3) _____</p> <p>4) _____</p>	<p style="text-align: center;">End Goal: (Adjectives/Short Phrase)</p> <p><i>How do you want to feel when you are taking care of yourself?</i></p> <p>1) _____</p> <p>2) _____</p> <p>3) _____</p> <p>4) _____</p>