



# flourish

MINDFULLY

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## MY SELF CARE REMINDERS & WAYS I STAY ON TRACK WITH MY EMOTIONAL WELLBEING 'My Ready Reference Guide; for Me'

**Ways I keep myself on track with my emotional wellbeing:** being clear on the things I do regularly that fill my cup, provide a buffer for when things are a little challenging. These practices keep me on track:

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**My mantras or affirmations:** Words that remind me to be present, and support me to stay grounded, positive, and calm.

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**The people I can reach out to, to speak with honestly and be vulnerable with:** These can be friends, family and professional supports.

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**Things I can plan for, to have something to look forward to:** The things I enjoy to do

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**My early indicators of stress or being 'off my game':** changes that let me know I'm moving away from feeling emotionally strong and stable. Knowing my early signs helps me act early to get back on track. Eg being reactive, speaking before considering the impact of my words, going to bed later, stopping exercising, drinking more coffee / alcohol, or less water than is right for me

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**What can I do that helps shift my thought train or emotional state:** knowing the things that work for me ahead of time, makes it easier to do these things when I need to. For example, having these things ready to go/call on: a particular song, a curated play list, a TV show, a physical activity – to stomp, shake, walk.... Writing or calling a friend may be helpful also.

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**How I keep, or make my space feel comfy and safe:** having a comfortable space where you feel safe or supported is helpful when having challenging emotions and thoughts. Eg moving to another space or taking myself out of an environment I am in. Things I can do, that work for me are:

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