



Self Care - Wellness

Participant Learning Guide & Worksheet

IDENTIFYING YOUR WHY	Why is wellness important to me?	What are 3 reasons I want to focus on wellness?
	What are three signs/symptoms I experience that alert me to stress?	

ACTION PLAN: STRESSORS	What are 3 stressors I can limit exposure to in the coming week?	What am I going to tell myself if that involves a difficult conversation?

ACTION PLAN: REST & ROUTINE	What 3 types of rest do I need more of?	How can I rearrange my day to make room for those kinds of rest?
	What are 3 micro-routines I can use to help my brain feel safer?	

REMEMBER: SELF-CARE IS MULTIFACETED	What words describe safety?	How is neglecting safety potentially impacting my well-being?
	What 3 wellness areas need more of my time?	

GROUNDING IN COMPASSION	What do I usually say to myself when I am unable to make wellness a priority?	How can I reframe that inner conversation to be more compassionate?