

3 THINGS TO TRY THIS MONTH

No. 1 Think about a recent time you felt anxious. What sensations did you feel in your body? What are ways you could have calmed those symptoms?

No. 2 Incorporate a grounding exercise or a mindfulness exercise into your routine of calming. Write below 1-3 of the exercises mentioned that you want to try.

No. 3 What are your current self care activities? Can you identify some new ones that fit into the broader definition of self care? Or into the different dimensions of self care? Write 1-3 things below that you'd like to introduce into your life as self care activities over the next month.
