

C3 Activity #3: Guided Reflection on Self-Care

If I adjust my attitude, would that help relieve some of my stress? What are the negative thoughts I should let go and what positive thoughts should replace them?

What stress-numbing behaviors do I turn to for relief? Am I overly reliant on these? What healthier practices could replace some of my current stress-numbing behaviors?

What healthy self-care practices have already helped me handle stressors that are beyond my control? Are there any new behaviors or practices that I could add: things that are soothing, fun, energizing, relaxing, or feel like a treat?

What one or two things will I do to care for myself today?