

SELF CARE & STRESS MANAGEMENT

Strategies.

1. Take vacations
2. Know my stress triggers
3. Keep perspective and focus on gratitude
4. Get out of my head and ask myself, “Does this spark joy?”
5. Stop. Clarify. Decide.
6. Be present with myself and find moments to be still
7. Take 10 minutes to close out

What are my stress triggers? What can I do to be less reactive to these triggers?

What currently brings joy into my life? What else could I do (or remove) to bring more joy? When I experience optimum joy, how does the quality of my life improve?

3 things I am grateful for right now:

Take 5 minutes to sit quietly. The intention is to slow down, check in with my body and invite more peace. After these 5 minutes, reflect. What did I notice that I previously wasn't aware of? How am I feeling? Are my reserves high or low? What do I need?

“Does this spark joy?” Marie Kondo

“Relaxation is both the doorway to wisdom and compassion.” Tara Brach

“No matter whom you are or what you do, the ground is always shaky. And, the really good news is that shaky ground is fertile ground for spiritual growth and awakening.” Pema Chodran