

# CARING FOR SELF

SOME THINGS THAT  
STRESS ME RIGHT NOW...

POSITIVE

TOLERABLE

TOXIC

ACTIVITIES THAT I CAN DO TO  
REDUCE STRESS..

I KNOW I HAVE TOO MUCH  
STRESS IN MY LIFE  
WHEN...

ARE THESE ACTIVITIES  
GOOD FOR MY HEALTH?

DO THESE ACTIVITIES  
BRING ME JOY?

DO THESE ACTIVITIES  
CONNECT ME TO MY  
CULTURE?

ARE THESE  
ACTIVITIES  
UNDER 15  
MINUTES?

SUPPORTS I CAN  
CONNECT WITH..

I KNOW I NEED TO ENGAGE IN  
SELF CARE WHEN...

ONE THING I CAN DO EVERY  
DAY TO MAINTAIN MY WELL  
BEING..

