

SELF-CARE CHECK-IN

Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

The 6 areas of well-being



Are each of these areas balanced in your approach to self-care?

Yes or No?

Is your self-care reactive or preventative?

Reactive - in response to tough days

Preventative - planned and intentional on a daily/regular basis



In which areas of well-being do you excel at self-care?

In other words, the area(s) that you feel you are not challenged with making time for and/or have strengths in.

What areas need attention?

Reflect on the area(s) of your well-being that need attention and develop a plan to address them.

