***Prior to working with clients:***

1. What will help me relax? (Make sure to list things that take varying amounts of time; 30 sec, 5min, 10min, 2hours)
2. What do I like to do when I’m in a good mood?
3. What activities “fill my cup”?
4. What activities can I plan if I know I will have an especially stressful day?

***Throughout the work today:***

1. What can I do that will help me throughout the workday? (examples: remember to breathe, stay in the moment, go outside)
2. How do I know if I need a break?
3. Who are three people I can text/call if I need support or distraction? What type of support will they provide? (example: call Brenda because she tells really good jokes.)

***After the work day:***

|  |  |
| --- | --- |
| **Mind****Current Practice:****New Practice:** | **Body****Current Practice:****New Practice:** |
| **Emotions****Current Practice:****New Practice:** | **Spirit****Current Practice:****New Practice:** |

**Barriers**

**What is going to get in my way of taking care of myself? What are some ways to address this?**