

Being Connected

Practice of authentic communication with self & others

- Identify important values
- Journal
- Be curious & explore my emotions & thoughts
- Communicate thoughts and feelings without defining yourself with them.
- Join a group (social or therapeutic)
- Spend time by yourself
- Spend time with friends
- Practice emotional disclosure with those close to me
- Practice attentive listening skills
- Build communication skills
- Write a letter of support to myself to read later
- Practice self gratitude (identify things I appreciate about myself)
- Limit my screen time
- Leave work at work
- Fact check the critical voice in my head
- Vocalize gratitude in daily narrative
- Identify your boundaries
- Learn to trust yourself

Being Competent

Practice of self-discipline

- Set SMART goals for myself
- Maintain and follow a schedule
- Go to bed at a consistent time
- Plan & prep for Mondays on Fridays before
- Adjust your routine to have a more efficient day
- Set & enforce personal boundaries
- Ask for help
- Share the work load
- Share ideas
- Engage in daily affirmations
- Arrive to work early
- Organize myself and keep a system
- Leave work at work
- Practice moderation, don't over indulge
- Read everyday
- Learn more about your craft
- Share your resources with others
- Commit to yourself and keep your commitment

Self-Care Practices

Knowing I Count

Practice of responsibility for my fulfillment

- Create and engage in a positive ritual to start the day
- Volunteer
- Perform random acts of kindness
- Practice daily gratitude
- Send a 2-3 line email of praise/appreciation to someone different daily
- Share a positive highlight of the day when asked how I am doing
- Engage in positive habits especially around others
- Choose a positive narrative
- Pair negatives with solutions
- Eat routinely and make some healthy choices
- Exercise
- Maintain daily hygiene
- Take my medication as directed
- Engage in hobbies
- Go on vacation
- Maintain responsibilities
- Treat yourself as you would the most important person in your life.
- Help others succeed
- Maintain your boundaries

Building Courage

Practice of wisdom & good judgement

- Weigh outcomes of a decision
- Push myself out of my comfort zone in order to grow
- Embrace change focusing on positives
- Allow myself to sit with difficulty and challenges
- Practice daily prayer and meditation
- Let go of what is out of my control
- Go to therapy
- Try something new
- Learn more about something that makes me uncomfortable
- Choose a fear to overcome
- Reflect on failures and plan a different approach
- Admit mistakes to those impacted when they happen
- Identify personal challenges
- Delay major decisions during highly emotional times
- Say hello to people who don't look like you.
- Stand up for and speak out about what you believe in
- Say yes to an opportunity that is scary
- Say no when you are overwhelmed and struggling

