

Sometimes life can feel overwhelming and stress can build up to levels that seem unmanageable. The strategies we use to deal with this stress can be either be numbing or self-care. Numbing activities dull the pain for a moment but they don't help us in the long run. Self-care is an activity that nourishes our souls and often helps us feel connected to others in lives.

Right now, I feel stressed about _____

When I think about this stressor, the emotion(s) I feel is / are _____

The most bothersome thought about this situation is _____

When I am stressed, I cope by _____

While I use that coping mechanism, I feel _____

Afterwards I feel _____

This behavior _____ from the important people in my life.

This behavior is numbing / self-care because _____

I could engage in self-care by _____

I deserve to take care of myself because _____