

Chapter 7 Exercise

Creating a Self-Care Plan

- Objective: Establish a personalized self-care routine to nurture your emotional well-being.
- Steps:
 1. Identify 3 activities that bring you comfort or joy (e.g., journaling, walking, meditating)
 2. Schedule a specific time for each activity in the coming Week.
 3. Reflect daily on how these practices affect your mood.
- Outcome: A structured routine that promotes grounding.

Chapter 7 Worksheet

Identifying Strengths and Resources

- Objective: Recognize internal and external resources available for your healing journey.
- Sections:
 1. List 5 personal strengths (e.g., resilience, empathy, creativity).
 2. Identify 3 supportive people in your life.
 3. Write down 3 tools or practices (e.g., mindfulness techniques, Books, apps) that you can incorporate.
- Reflection: How can these strengths and resources support you?
- Seeking Support: What steps can you take to seek professional support?