

What are my signals?



How do you know if you are doing well? What indicators let you know that maybe things aren't so good?

Get to know what your unique indicators are so that you can try to increase the things that make you feel good and decrease the things that don't. In addition, when we really start to see who things impact us, we can even be preventative. We can engage in self-care before a stressful or draining activity to increase resilience.

If we have a lot of vulnerabilities, or things that make us show up less than our best, we will need to take time to care for ourselves to be able to recover and restore the resources we've spent.

How do I know I am doing well?

Example: I sleep well, my habits are generally healthy, and I'm happy most the time. I sing and dance around the house and laugh with ease. My body feels healthy, I take on projects, I reach out for social interaction, I move my body often.

Your answer:

How do I know I need to take care of myself?

Example: Harder to fall asleep, tension headaches, nausea, procrastination, perfectionistic, feel resentment, back pain, isolated, fatigue, lack of interest.

Your answer:

What are my signals trying to tell me?
