1: MY STRESS SIGNALS

Think about the signals (symptoms) you notice in yourself when you experience stress.

Write these signals below under the category to which they best match.

|  |  |  |
| --- | --- | --- |
| A picture containing text, wheel, gear  Description automatically generated   COGNITIVE  | MY STRESS SIGNALS | A picture containing text, gear, wheel  Description automatically generated  PHYSICAL |
| E.g. Memory, concentration, negative thoughts | E.g. Headaches, stomach problems, sleep |
| A picture containing text  Description automatically generatedBEHAVIOURS |  SELF |
| E.g. Loss of motivation, contolling or avoidance, unhealthy coping strategies | E.g. Reducd confidence, feeling unsatisfied, lack of purpose |
| Icon  Description automatically generated  RELATIONSHIPS  |  EMOTIONAL |
| E.g. Withdrawing, increased conflict with others  | E.g. Anxiety, depression, guilt, irritability |

2: MY SELF CARE PRACTICES

Think about the activities and practices you participate in to help reduce stress and maintain wellbeing. Write these into the “Healthy Mind Platter” below under the category to which they best match. Take notice of which categories you do or do not have activities listed at the end.

|  |  |  |
| --- | --- | --- |
|  | Focusing on tasks in a goal-oriented way |  |
|  | Unfocused and non-goal directed time; relaxation |  |
|  | Connecting to others and the environment |  |
|  | Quiet internal reflection |  |
|  | Being spontaneous or creative and enjoying new activities |  |
|  | Moving our body |  |
|  | Getting the rest we need |  |

The Healthy Mind Platter is a concept developed by Dr Dan Siegel and Dr David Rock.

<https://drdansiegel.com/healthy-mind-platter/>

3. MY SELF-CARE PLAN

|  |  |
| --- | --- |
|  | What are some practices you can do daily to take care of yourself?  |
|    | What are some things you can commit to doing regularly to maintain wellbeing?  |
|   Selfcare Icon from Self Awareness Pack | Free Download | What self-care do you need to implement when you notice your stress signals becoming a problem?  |
|   | What might get in the way of implementing this plan?  |
|  | What support will you need to overcome these barriers and put this plan into practice? Who can you get this support from?  |
|  | What benefits can you see of putting this plan in place?  |