

Which fit best into your life?

Ways to show up for yourself...

- Step away when you need to recenter
- Feel emotions w/o judgement
- Practice self-compassion & forgiveness
- Preserve your boundaries
- Give yourself the freedom to start over
- Taking time to rest, relax, & find joy
- Treat yourself w/ the love you'd give a child
- Practice grounding in your body
- Hydrate

Healing activities beyond therapy

Which fit best into your life?

- Taking guilt-free time to rest
- Enjoy listening to music
- Take a walk or spend time outside
- Practice active self-compassion & empathy
- Develop small nurturing daily rituals
- Do something playful or creative
- Practicing gratitude
- Learn or practice breath-work
- Allowing safe space for your emotions
- Meditate or take quiet time alone to relax

Which fit best into your life?

Ways to expand your thinking...

- Nurture kind self-talk
- Step back from All or Nothing thinking
- Appreciate your assets
- Celebrate small achievements & improvements
- Refocus on what you want more of in your life
- Practice gratitude
- Remember each moment is a choice
- Embrace curiosity