

EXTREME SELF CARE KIT

The Extreme Self-Care First Aid Kit consists of 10 ways to take good care of yourself when you need the most support. To create your kit, ask yourself the following questions:

1. Who can I turn to for support when I'm afraid? Who comforts me, makes me feel safe, and allows me to have my feelings?
2. Who do I need to avoid? Who adds to my anxiety level, overwhelms me with questions, or has a tough time just listening without interrupting or offering advice?
3. What does my body need to feel nurtured, strong, and healthy?
4. What responsibilities or commitments do I need to let go of to clear one space so that I'm able to feel my feelings and do what's necessary to honor my needs?
5. What unhelpful coping strategies, or activities do I need to avoid?
6. What spiritual practice restores my faith or connects me with God or a Higher Power of my own understanding?
7. What do I need to feel comforted at this time?
8. How will I best express my feelings?
9. What object can I use as a talisman that will remind me to breathe, relax my thinking mind and return my awareness to the present moment?
10. What can I do when I need to take a break from the emotional stress? What's my best healthy distraction?

