

# SELF-CARE CHECK-IN

Before being a support to others, it is important to take care of yourself. Think of the safety brief on an airplane. In the case of an emergency you are directed to always apply your own oxygen mask before assisting others. How are you doing?

1. Positive Friends I can talk to:
  
2. Mentors or Supports I can talk to:
  
3. If I am feeling down or sad, I can do these activities:
  - Physical activities/stress relievers (such as walking, biking, working out, yoga):
  
  - Quiet, calming activities (such as taking a nap, writing in my journal, petting my dog):
  
  - Concentration activities (such as watching a funny show, reading a novel, writing thank you notes):
  
4. Ways I can help others right now:
  
5. Three things I am grateful for today:
  
6. Good things that have happened recently, even in the midst of tough stuff:
  
7. What are ways I can invite others (spouse, kids, friends, coworkers, community, etc.) to use their Strengths too?

**\*If I am concerned about my thoughts right now,  
I can call the Lifeline at 800.273.8255**

