

SELF CARE ATTITUDES

Sometimes our inability to develop healthy Self Care behaviors is limited by our attitudes toward taking care of ourselves.

What does "Take care of yourself" mean to you?

Is this definition based on your experiences or did someone pass this belief on to you?

Describe the experiences that have influenced your belief.

3 Affirmations that support your comfort with Self Care (ex. I deserve rest, It's okay for me not to be okay):