

Over Time

Date: _____

Recognize depletion. Know your signs.

Describe how you felt which prompted you to be aware that your resilience cup was running dry. What did you recognize in yourself and your general sense of wellbeing? How did this feel in your body, your mind, or your soul?

Communicate what you are experiencing.

What words could/did you share with trusted people to communicate your feelings of depletion? Who can/did you ask for help?

Do Self-Care

Did you select a Calm, Care, Courage, or Connect card? Which self-care practice did you select to try out and why? Describe what you did.

Notice

The following questions are provided as prompts. Answer those that are relevant to you.

After your self-care practice, what did you notice? Is this a self-care practice you want to adopt on a regular basis? If so, how could you do that? If not, what did you learn about what cares for you, that is, what fills your cup, and what does not?



From Feeling Depleted

Resilience Scale



To Feeling Strengthened