

SELF-CARE^{FOR WOMEN}

I GOT SKILLS: PROFESSIONAL EDITION

A PRACTICE, NOT A LUXURY.

CHECK IN WITH YOURSELF

Before I push through, what do I need?

- ☐ Have I eaten?
- ☐ Have I had water?
- ☐ Have I rested?
- ☐ Have I moved my body?
- ☐ Am I holding tension somewhere?
- ☐ Do I need a moment before I respond?

CHECK YOUR WINDOW

Where am I right now?

● ACTIVATED

anxious - irritated - rushing - proving - overexplaining

● SHUT DOWN

numb - exhausted - disconnected - "I don't care anymore"

● GROUNDED

present - flexible - connected - able to choose

REMEMBER YOUR PARTS

Ask yourself:

What part of me is showing up right now?

- Manager - trying to keep everything perfect
- Firefighter - trying to make this feeling go away
- Exile - wondering, "Will they accept me? Am I enough?"

What does this part need from me?

COME BACK TO THE MIDDLE PATH

Two things can be true:

- I can be excellent and not do everything.
- I can care about how I am perceived and not abandon myself.
- I can be grateful for the opportunity and acknowledge that something is hard.
- I can belong here without proving that I belong here.

PLACE OF POWER

Take 1 minute. Go to a place where you feel safe, strong, and supported.

What do you see?

What do you hear?

What do you smell?

Who is there with you?

MY VILLAGE

Who can I reach for when I need:

Perspective:

Encouragement:

A safe place to exhale:

WHAT I WILL PRACTICE THIS WEEK

One small practice I want to carry with me:

MAKE IT YOURS

Pause. Notice. Choose. Connect.

www.wholemindmom-md.com

Personal reflection tool - save a copy to keep your responses.

Adapted in concept from the NYU Langone Coping Card.