BUILDING YOUR SELF CARE TOOLBOX

THE CULTIVATED PATH
- You cannot give from an empty bank
- Helps you establish healthy boundaries
- Keeps you from exhaustion and burnout
- Takes care of all aspects of health-mental, physical and emotional
- It makes you feel better
It is a group of different activities that help you answer the question “what do I need right now?”

Weirdly specific self care is more effective

There are 5 categories (Evelyn Tribole)
  - Distraction
  - Support
  - Dealing Directly with the Feeling
  - Self Care
  - Stress Relief

The category you use depends on what you need most in that moment
Answer the question “how I am feeling?”
Then answer the question “what do I need right now?”
Write it down
Keep adding to it
Get weirdly specific!
Categories:
- Distraction
- Support
- Dealing Directly with the Feeling
- Self Care
- Stress Relief

Examples
- Add your own
- Remember to keep adding to this list over time to make it specific to you
• Don’t do the “should” argument with yourself
• The more honest you are, the more effective your toolbox will be
• You are allowed to remove things that no longer serve you
• These can be silly and serious!
• Try something new every once in a while
- As often as you can, and especially when you really need it
- Remember that you cannot give from an empty bank, taking care of yourself allows you to take care of others
- Put it on the schedule, make it a priority
- If they don’t automatically see it, gently remind those around you that you are a better you when you take the time to do this
- You are allowed to take time to do this
- Free 30 and 60 minute sessions until May 31st
- The Burnout Prevention Community Facebook Group
- The Burnout Prevention Webinar
- The Burnout Prevention Program
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