

# How to Integrate Self-Care

with Dr. Danica Harris

**Directions:** Are you wanting to integrate self-care into your life, but don't know where to start? Take a look at the questions down below and brainstorm within the boxes to see where you can start integrating self-care into your life.

## Attend To Your Own Capacity:

Ask Yourself:

- How are things structured for me?
- When am I my most myself?
- Do you notice any patterns or trends within your day?

## Begin Your Day With a Check-In

Ask Yourself:

- How am I doing?
- How do I feel?
- What am I needing today?

## Consider Small Shifts

Ask Yourself:

- What can I do to build check-ins throughout my day?
- What do I need to create that shift?
- How will I start noticing the change?