SELF-CARE REFLECTION



Date:		

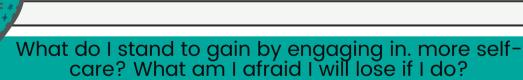
WITH DR. DANICA HARRIS

<u>Directions</u>: At the end of a long day, sit down, take a breathe and look at the questions below. Take a couple of minutes to think and write down your answers to get a better insight on your version of self-care.

What's one thing I am willing to do differently to take better care of myself?



What is a boundary I need to set and how can I communicate that to others?



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