

Discovering More about Yourself

COACHING EMPOWERS YOU, GUIDED BY YOU.

Be Your Own Self-Help Guru with a Self-Care Kit

1) *How do I best express my feelings?*

2) *What does my body need?*

3) *What's my best healthy distraction? What can I do to take a break from the emotional stress?*

4) *What do I need to feel comforted right now?*

5) *What spiritual practice restores me?*

6) *Who can I turn to for support when I'm having a frustrating day? Who conforms me, makes me feel safe, and allows me to talk through my feelings?*

7) *Who do I need to avoid? Who adds to my anxiety level, overwhelms me with questions, or has a tough time just listening without interrupting or offering unwanted advice?*

8) *What responsibilities do I need to drop? Could I cancel any appointments to create space and honour my immediate need for calm?*

9) *What unhelpful coping strategies do I need to avoid? Which activities often masquerade as helpful?*

10) *What object can I use as a reminder to breathe? Do I have a talisman to help me relax my thinking mind and drop into the present moment?*

11) *What were the most recent good things that happened in my life? Which good-day successes were most memorable?*
