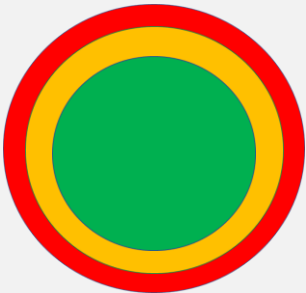


Have your own go to self-care / ‘essential maintenance’ activities



Knowing your answers to the following in order to be an active operator of your own nervous system:

	Things I can do on my own	Things I can do with others	
Open and engaged (within my window of tolerance)			What helps me stay here (proactive)?
Fight / flight (hyper-aroused)			What helps me get out of here (reactive)?
Freeze / collapse (hypo-aroused)			

Does your wellbeing plan include both major and minor (regular brief physiological) resets:

What activities help you to get through a tough day / week: