

RENEW

Review

August 2018

RENEW counseling: Skilled staff; Nutrition-focused

Try the activity on your own or with others from your agency.

RENEW Review Activity:

“The greatest glory in living lies not in never falling, but in rising every time we fall.” ~ Nelson Mandela

Resilience and Self-Care Plan - By Melissa Soll, PhD

What is important to you in these self-care domains?

Physical

(Exercise, diet, sleep, hydration, lifestyle, etc.?)

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Emotional/Mental

(Mindfulness, self-awareness, acts of self-kindness, counseling, etc.?)

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Creative

(What do you love to do? Cooking, parenting, painting, sculpting, writing, etc.?)

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Social

(Who provides you with support? Who helps you refill your cup when it is nearing empty? How do you achieve balance between giving and receiving?)

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Spiritual

(Can you find some solace? How do you connect with nature? How do you make sense of things outside of our control?)

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