

non-doing

a mode about care

The care mode involves taking 'pit-stops' to rest, refuel & reflect. Think about what you need to create a safe and nurturing space for taking time out from everyday life...



Care from others

What kinds of care or support do you need right now, and who might offer this?
How can you connect with people who care about you?

Self-care

How can you nurture yourself? How can you get quality rest or create safe space to reflect and refuel?

Reconnecting with what you care about

Who and what do you care about the most?

What possibilities are there for engaging with the people, places, things or activities that you care about?
List some simple ways you could re-connect with things that matter to you.