

SEEKING HELP

What to do after we speak up

TAKE NOTES

Write a list of self care strategies and tactics you can implement to help you feel calm, secure and stable after a tough conversation.

What to do	What to avoid
<i>E.g. Go for a run, eat my favourite food, have a bath, watch Netflix, check in the next day, cuddle pets, call family, meditate...</i>	<i>E.g. Excessive screen time, alcohol, caffeine, ruminating about what was said...</i>