

SIGNS YOU NEED MORE SELF-CARE

YOUR WELLBEING ACTIVITY

KNOW YOUR LIMITS

Know your limits. Make a list of the telltale signs that you need to enlist self-care.

TELLTALE SIGNS

DISORGANIZATION

Do you have trouble finding what you need when you need it? Are you chronically late to appointments? Being disorganized may be a sign that you need more self-care.

EXHAUSTION

Running on fumes is not sustainable. Not giving your body sufficient time to recover from the demands you place on it could result in an unexpected illness that forces you to take time off.

OVERWHELM

Overwhelm reduces your creativity and productivity, which can take a toll on your health.

ANGER

Do you have a short fuse? Stress that has not been well-managed can damage relationships and lead to chronic health conditions.

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