

Strategies for Self-Care

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1. Each day say to yourself" What will I do today to take care of me"? Commit
2. When confronted with an activating event, stop, identify, and seek awareness of your body and thoughts. Ask yourself, how can I look at this situation differently and whom can I ask for support or what resources are available?
3. Embrace change and challenges and seek to understand and dispute negative internal dialog that contributes to stress and unhappiness.
4. Remember your purpose and why you are doing what you are doing.
5. Make wellness a priority and care for your mind, body, and spirit.
6. Being happy is a choice and we can control our reactions to any given circumstances.
7. Enjoy each day! ☺

