

## EXERCISE 9

# Watch Your Warning Signs

- Step 1:** Write the physical symptoms you recognize in yourself for Physical Wellness in the appropriate box. Write the physical symptoms you recognize in yourself for Physical Decline in the appropriate box.
- Step 2:** Write the psychological symptoms you recognize in yourself for Psychological Wellness in the appropriate box. Write the psychological symptoms you recognize in yourself for Psychological Decline in the appropriate box. Note if any of the decline warning signs are present for you in this time of your life.

	PHYSICAL	PSYCHOLOGICAL
WELLNESS	<i>Examples: Energy, Stable Weight, Steady Sleep</i>	<i>Examples: Creativity, Joy, Problem Solving, Mindfulness</i>
DECLINE	<i>Examples: Fatigue, Weight Gain or Loss, Sleep Disruption, Hair Loss</i>	<i>Examples: Mood Swings, Anxiety, Numbness, Forgetfulness</i>

- Step 3:** Next, move to the second quadrant exercise below. Write self-care ideas that are quiet and together in the appropriate box. Write self-care strategies that are active and together in the appropriate box.
- Step 4:** Write self-care strategies for quiet and alone in the appropriate box. Write self-care ideas that are active and alone in the appropriate box.
- Step 5:** Check your calendar. Where can you schedule self-care each week? Which of these self-care options can you implement right away versus planning ahead for them in your calendar?

**MY SELF-CARE PLAN IS**

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		QUIET	ACTIVE
TOGETHER	ALONE	<i>Examples: Reading, Journaling, Creating</i>	<i>Examples: Walking or jogging, Solo dance party, Cleaning</i>
	TOGETHER	<i>Examples: Watching a movie, Listening to music, Going for a drive</i>	<i>Examples: Fitness class, Cooking, Legos and games</i>