

5 SELF CARE DIRECTIVES MAKE A TRAY ABOUT...

- When you are most relaxed vs when you are most stressed. Notice differences and explore
- What it would look like if you were a priority in your life.
- The feelings that arise when you think of relaxation or taking time away.
- What self-care means to you.
- Your family of origin's message about what self-care is and its importance.

BONUS: Have client just run hands through the sand and breathe. Process this after 5 minutes.