

# How do you care for yourself?

GIVING OTHERS 100%, OURSELVES 0%

What do I give to myself? \_\_\_\_\_

What do I give to others? \_\_\_\_\_

I will commit to giving \_\_\_\_\_ to myself today

## FEELING RESPONSIBLE FOR OTHERS' HAPPINESS

Think about 2 people in your life that you care about.



What do I DO when this person is unhappy?

What do I FEEL when this person is unhappy?

Looking at it now, I may make their happiness my responsibility.

x \_\_\_\_\_ x  
 No, of course I want them to be happy but I have good balance

Yes! I need to breathe, think & disconnect.



What do I DO when this person is unhappy?

What do I FEEL when this person is unhappy?

Looking at it now, I may make their happiness my responsibility.

x \_\_\_\_\_ x  
 No, of course I want them to be happy but I have good balance

Yes! I need to breathe, think & disconnect.

I will breathe, think & disconnect by: \_\_\_\_\_

## TAKING ON OTHERS' EMOTIONS AS YOUR OWN

You had a great day; your children were angels, you got a promotion at work.

Your partner surprised you with flowers, & you even had time to stop and grab your favorite Starbucks.

Then your bestie calls. She's upset, she had a rough day with work, her partner, her kids. She's anxious, overwhelmed, angry.

Do I feel compassion & empathy, or am I now anxious, overwhelmed or angry?

What do I do if I start to feel her mood damper mine? Do I have boundaries?