



FOUNDATIONS OF
Nourishment
& Self Care



Building Your Toolbox of Nourishing Actions

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Life Assignment

Practice nourishing actions as their need arises.

Feeling Hurt? Practice self-compassion. Hyperaroused? Practice self-soothing.

Wanting to attach? Practice play.

What's It To Me?

REACT: What strikes me?

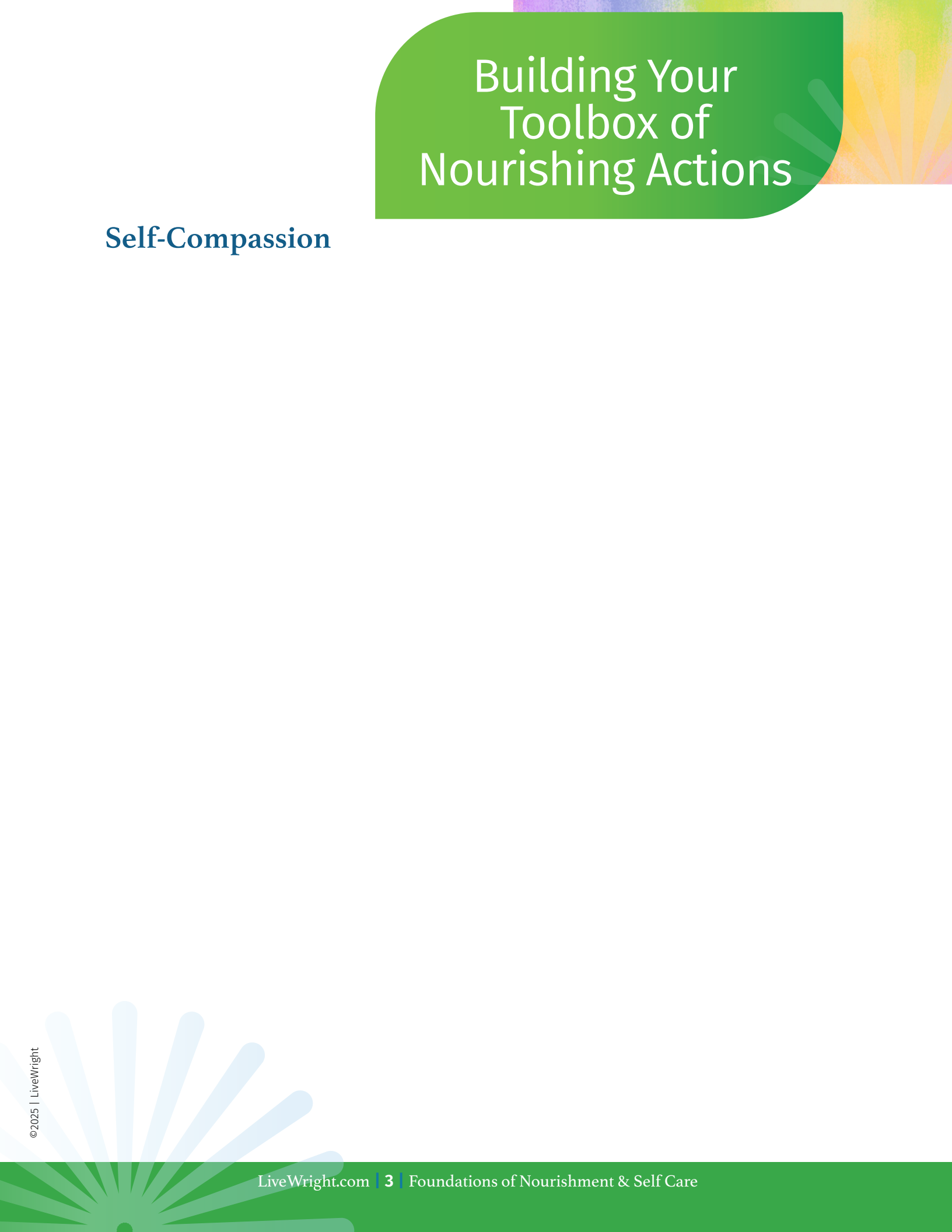
DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

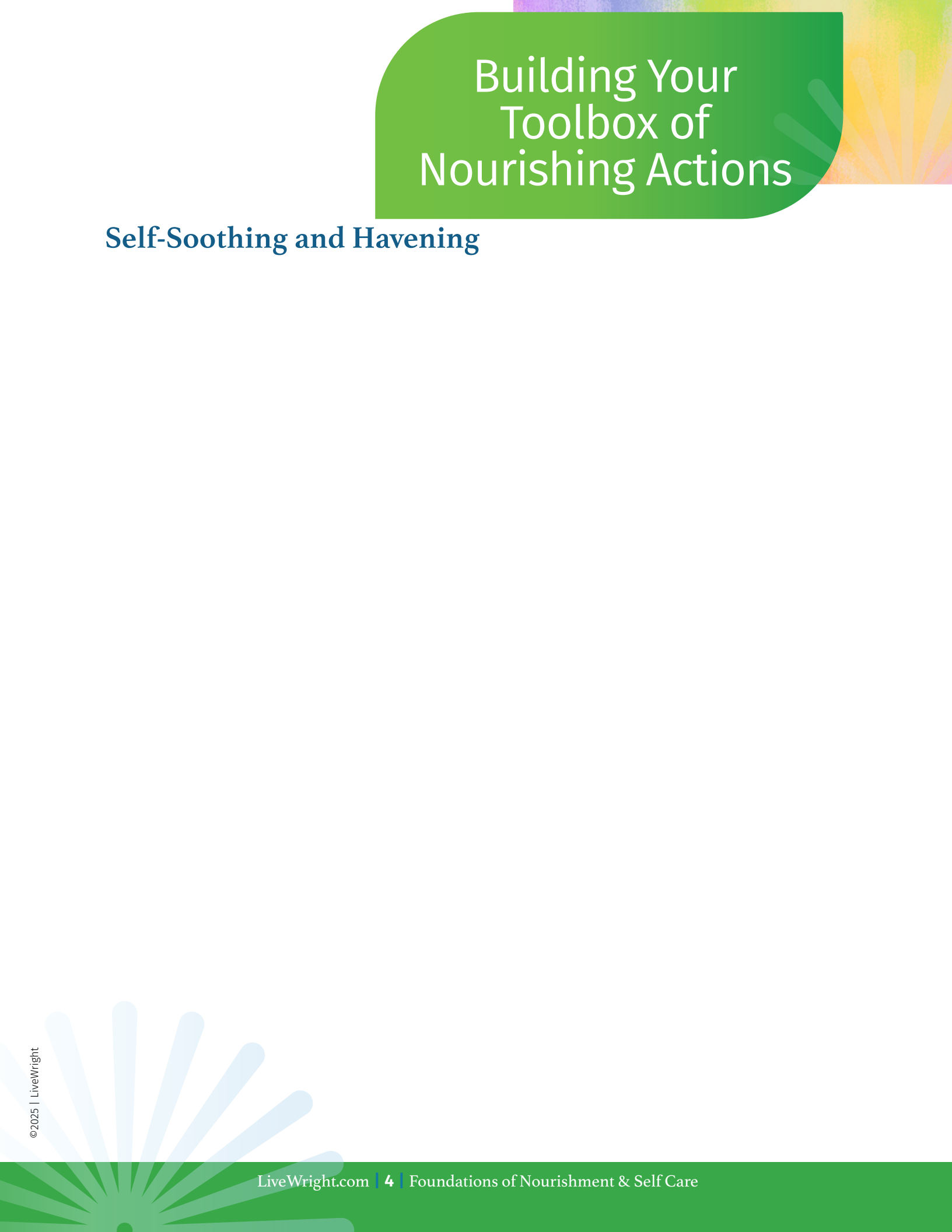
APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?



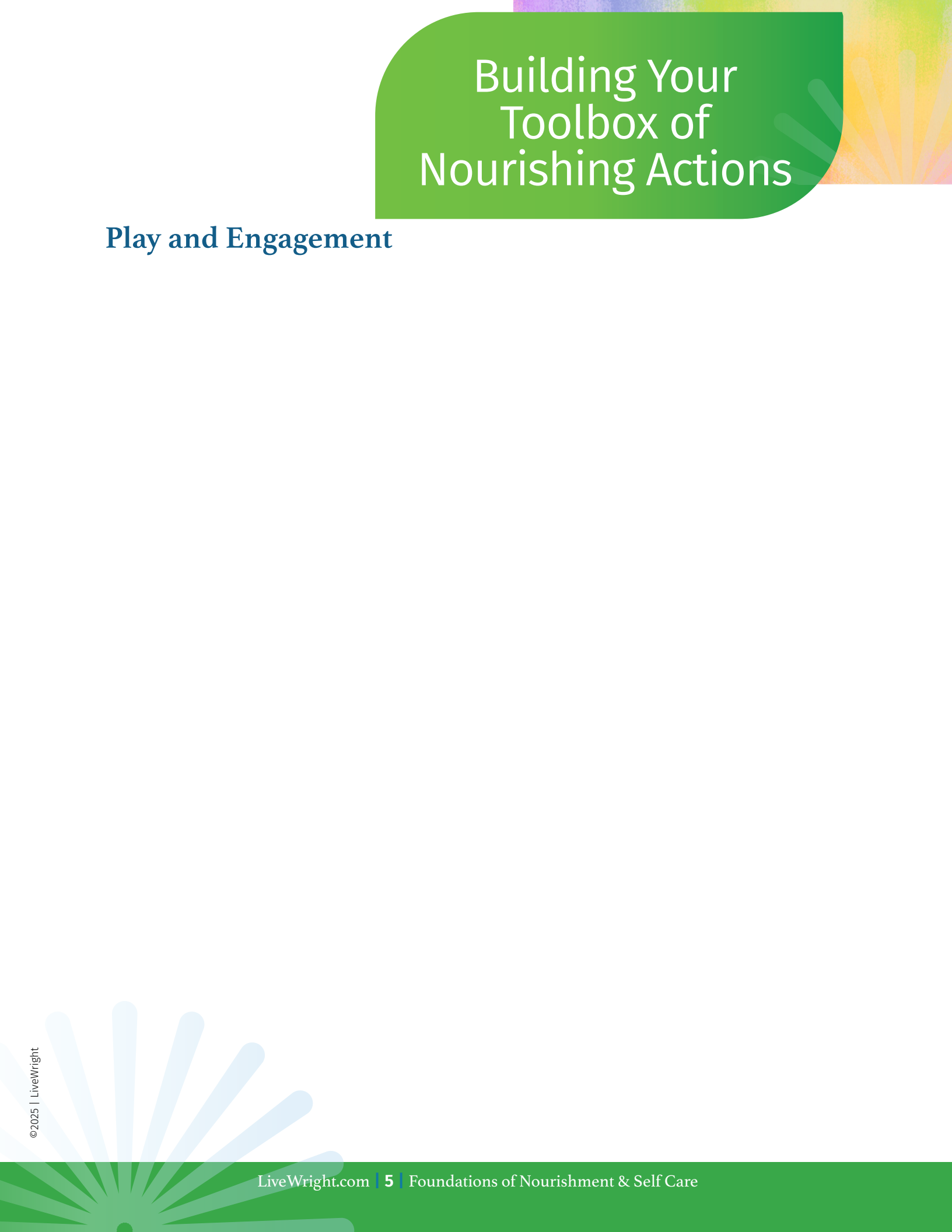
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Self-Compassion



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Self-Soothing and Havening



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Play and Engagement

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Nourishment Tools

- Nurturing
- Audio/Visual Communication
- Play
- Movement
- Touch

- _____
- _____
- _____
- _____

Notes: