

HOW AM I DOING?



It's important that you can recognise the signs that your resilience may be dropping or that you've been neglecting yourself.

Being aware of your signs means that you can notice when you need additional self-care or that you are struggling with something.

Self-care - what do you start neglecting?

Physical - are there any physical indicators e.g. digestion problems, cold sores?

Routine - what do you stop doing as part of your normal daily routine?

Are there indicators from people around you?