

#28 – THE SELF-CARE OR SELF-STRESS CHECK

Five questions to reveal whether you're taking care of yourself... or quietly wearing yourself down.

You can't build a peaceful life on a stressed-out foundation.

This tool helps you recognize which direction you're choosing.

1. Am I truly caring for myself, or am I managing myself like a project?

Care nurtures.

Control exhausts.

Your thoughts: _____

2. Do I feel restored after this... or relieved it's over?

Restoration is care.

Forcing yourself creates burnout.

Your thoughts: _____

3. Am I giving myself what I need... or what looks good to others?

Self-care is personal,

not mass market.

Your thoughts: _____

4. Does this choice quiet my system or overload it?

Your nervous system knows the difference.

Your thoughts: _____

5. If someone I loved treated themselves this way, would I be proud or concerned?

You deserve the same compassion.

Your thoughts: _____

FINAL REMINDER:

Self-care is alignment.

Self-stress is abandonment wearing productivity's mask.