



PERSONAL STRESS PRESCRIPTION

Self-care solutions to feed your roots (for Team-Care, discuss with others).

Circle 5 that you need more (or less) of...

Decide how much / how often / by when?

PHYSICAL

- * Sleep / Rest / Breaks
- * Exercise
- Dance
- Stretching
- Nutrition or Cooking
- Hydration
- Intoxication
- Medication
- * Affection (human or animal)

MENTAL

- * Laughter / Smiling
- * Mindfulness
- * Spirituality
- * Gratitude
- Generosity
- Friendships
- Community
- Family
- Therapy
- * Music / Drums
- Financial Health
- Nature Time
- Screen Time
- Visual or Performing Arts
- Planning Vacations
- Crafting / Making
- * Play / Joy

* Also one of our 12 Immune Boosters

PRESCRIBED BY (your name here)

DATE

SIGNATURE



susan@nonprofitwellness.org
202.246.5336
@NonprofitWellness
www.nonprofitwellness.org



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