

FINAL TASK

Which personality type do you align with more?

Introvert

01

Extrovert

Which two self-care practices do you prefer for your personality type?

02

Which two stress-responses do you align with more?

03

Describe a time you have recently responded to stress including which stress response you used?

04

What stress response do you think would be best for your health and wellbeing – explain?

05

Plan the next 4 weeks of your two preferred self-care practices.

Set a specific task _____

Set a specific amount of time _____

Is your goal achievable? _____

Is your goal realistic? _____

Does your goal have a date and time? _____

When will you discuss what you have learned about yourself with your partner, family, and friends? Plan it.

Do you need a hand with practice and implementation of what you have learned about yourself?

Yes

No