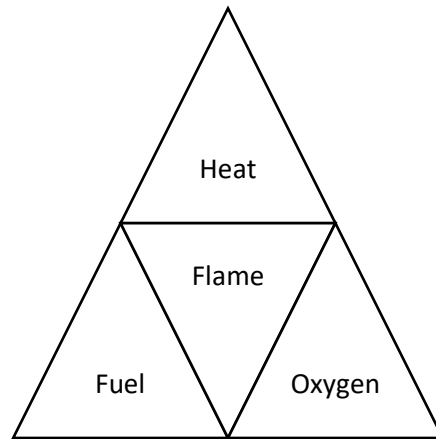


CMHA Community Presentations – Self Care Worksheet



1. Oxygen – How do you maintain your basic self-care needs? Are there any areas (i.e. sleep, hydration, movement) that need your attention right now?
2. Heat – Why are you passionate about helping others? What drove you to get involved with this organization initially? What motivates you to stay involved?
3. Fuel – What do you need to help fuel your flame? What can you do to replenish the energy you put into building hope for others? Who can you reach out to when you need help keeping your flame lit?
4. **What is one activity or practice that you'd like to focus on or re-commit to over the next 30 days?**