

My Toolbox

What strategies do you keep in your wellbeing toolbox? Each section below provides some ideas to get you started. Fill in your own strategies in the lines provided.

Getting Started

- Write notes of gratitude or positive reflection to yourself
- Have a mailbox for happy emails, notes of thanks, or other positive prompts
- Set passwords as positive reminders
- Check in with colleagues and friends
- _____
- _____

Skills Practice

- Set inspirational and realistic goals
- Practice reflection
- Engage in mindfulness techniques
- Set and manage effective boundaries
- Practice optimism
- Take breaks
- Regularly check-in with yourself
- Practice emotion identification and regulation
- Ask for help or consultation (if needed)
- _____
- _____

Transitions

- Remember your personal values and priorities and what is important to you
- Try to leave work at work
- Allow yourself down time
- Allow yourself transition time and/or a transition ritual such as changing clothes, showering, listening to music, or other transitional behavior

Lifestyle Factors

- Get adequate sleep
- Practice healthy eating habits
- Exercise regularly
- Maintain social connections
- Create a sense of meaning and purpose
- Have a regular gratitude practice
- Practice regular meditation or mindfulness
- Use substances in moderation (or not at all)
- Attend regular physical, dental, and mental health appointments (as needed)

Other

- _____
- _____

