Women & Family Wellness Studio

Stressors VS Resourcing

Stressors are things that, well, cause stress in our life. Resourcing yourself means things you do during the day to negate the effects of the stressors. This is not something you do for the kids, the partner, the home; just YOU. The bigger the stressors we have in our life, the more items we may need in our resourcing list. When thinking about what things in your day resource yourself, focus on three main categories; mind, body and spirit. You may already have things you are doing to resource yourself, but don't look at it that way. Using a mindset of how "this" (suppliments, essential oils, reading, meditating, a walk, gardening, etc.) is something you're doing to support you is vital. It means you are not only sending a message to yourself of the value of what you're doing, but also that you are doing "this" because you deserve to be taken care of.

Stressors in my life	Things I'm doing to resource myself
Example: "Pandemic"	Example: "Taking supplements, going for a walk, meditating"