

Self-care

Activity 5-3: Stop/start/continue

Think about ways of behaving, feeling or thinking that you would like to:

- stop
- start
- continue.

For example:

I would like to **stop** feeling guilty that I am not doing more for my ill family member.

I would like to **start** taking an afternoon time out just for myself, to go shopping or to do yoga or to visit with friends.

I would like to **continue** going to a family self-help group such as the Mood Disorders Association of Ontario when this support group ends.

Write down your wishes.

Stop: _____

Start: _____

Continue: _____