



**Step 1.** Review your experience with COVID-19 and write your own story, reflecting on your changing levels of stress, how you coped, what worked well, and what you could improve.

**Step 2.** Identify stress-reducing practices and goals. Then identify a few of your most valued practices.

PRACTICE	CURRENT STATUS (TIMES PER WEEK)	GOAL (TIMES PER WEEK)
<b>Activity</b>		
<b>Sleep/Nutrition</b>		
<b>Self-Care</b>		

**Step 3.** Review your story and the practices and goals you listed. Select at least one practice that you may want to increase: \_\_\_\_\_

- **Consider when, where, why, and how you will implement your practice. Here are a few goal statements from teachers with whom we have worked:**
  - *Activity.* Implement 12 minutes of vigorous exercise daily. This may include walking or aerobics. The goal is to increase heart rate and movement.
  - *Sleep/Nutrition.* Increase intake of vegetables and reduce use of white flour, sugar, and artificial sweetener.
  - *Self-Care.* Implement aromatherapy by using a diffuser with lavender essential oil as part of my daily routine.