

NURTURE *not* NUMB



Our behaviours impact our well-being. Some behavior works to numb our pain in the short term, while others can nurture us over the long term. Being mindful about which behaviours are truly serving us can help us to create healthy patterns. Write down your numbing and nurturing behaviours below. This will help keep them in your consciousness, allowing you to be mindful of your choices.

Numbing



- ▶ Ways we take the edge off emotional pain
- ▶ What do you do to “numb”?



Nurturing



- ▶ Behaviors that serve our mental, emotional, physical, and spiritual well-being
- ▶ What nurtures you?

