

TAKE SOME **YOU** TIME *and reflect*

Take a moment for some self reflection.

Try our conversation cards to strike up a conversation with no other than... **you!**

MEANING

Who am I when I'm at my best?

CONNECTION

Who brings out the best in me?

KINDNESS

Am I as kind to myself as I am to others?

COPING

What is one strength I have that helps me through tough times?

EMOTIONS

What drains my energy, and what restores it?

STRESS

What are some signs my body gives me when I'm feeling stressed?

AWARENESS

Which healthy coping strategies work best for me when I'm struggling?

JOY

What activities bring me joy?

REFLECTION

What are 10 things I like about myself?

BALANCE

What is one thing I wish I did more of?

HOPE

What am I most looking forward to in the near future?

SELF-COMPASSION

When I notice my inner critic, how can I respond with self-compassion instead?



Find out how
Youturn can support