

# Self-awareness



**Self-awareness:** Our ability to monitor ourselves without judgment. Our thoughts, emotions, and actions are interconnected in everything that we do.

THOUGHTS	>	EMOTIONS	>	ACTIONS
My life is not going as planned		Grief, sadness		Spent a lot of time SCROLLING
I'm not alone and I have a lot of support		Grateful		Connecting with others and reaching out when I need help
I hope I can connect with new people easily		Hopeful, fearful, doubting		I am biting my nails more than usual



**Self-acceptance:** Our ability to have a kind and compassionate relationship with ourselves after we observe and reflect on our thoughts, emotions, and actions.

## Self-acceptance could sound like:

It makes perfect sense that I'm having these thoughts given the situation.

I'm not lazy, I'm overwhelmed/confused/afraid.

I recognize that I need to reset my thinking and get some support in this area.

I'm watching myself cope by \_\_\_\_\_. I think I'm too stressed out.