



Critical Skill: \_\_\_\_\_

**Self Care**

**Structure**

Critical Skill: \_\_\_\_\_

**Reflection & Recognition**

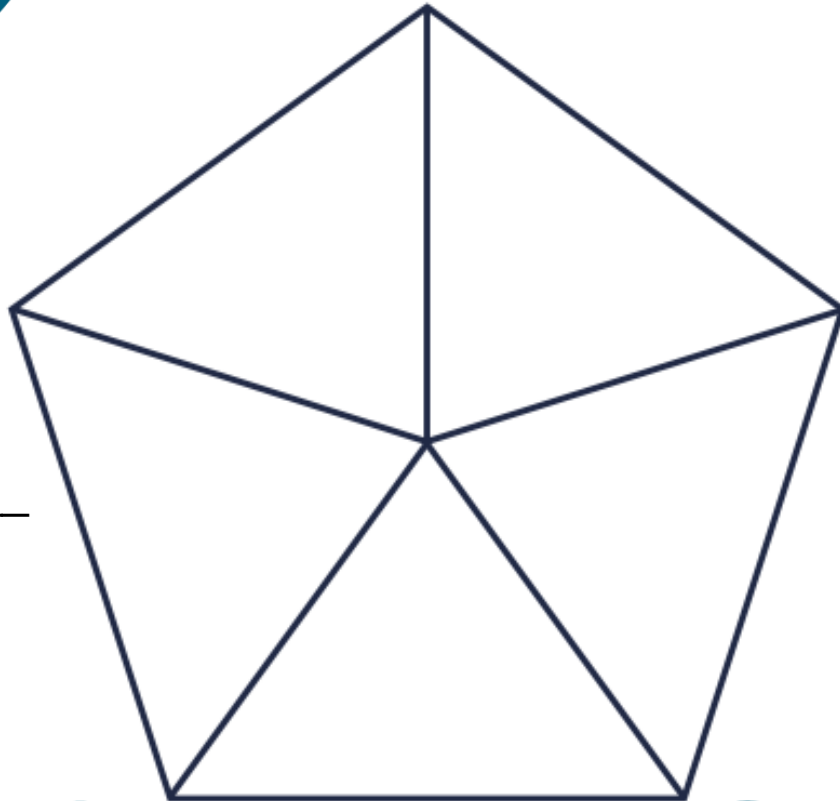
Critical Skill: \_\_\_\_\_

**Coping Styles**

Critical Skill: \_\_\_\_\_

**Community**

Critical Skill: \_\_\_\_\_





**Self Care**

Critical Skill:  
*Sleep & Rest*

**Structure**

Critical Skill:  
*Re-evaluate  
Commitments*

**Reflection/  
Recognition**

Critical Skill:  
*Reflect On  
Value Wins*

**Coping Styles**

Critical Skill:  
*Re-Frame to Solve*

**Community**

Critical Skill:  
*Avoid Venting*

