



## DISCUSSION GUIDE

# Self-Care For Your Stress Type

At meQuilibrium, we've identified five specific stress personality types: Adventurer, Caregiver, Optimist, Problem Solver, or Regulator, that determine how you deal with the drudge. Once you learn about your type, you can create a personalized self-care plan that's tailored to your specific stressors to help you recharge and recenter.

### Discussion Questions

- What is your stress personality? How does this show up when you feel stressed?
- What does your current self-care practice look like?
- What gets in the way of your self-care? (i.e. not enough time, lack of inspiration, etc.)
- Which activities recharge and recenter your energy? (i.e. yoga, journaling, crafting, etc.)

### My Notes:

Use this space to take notes during the Calm-Cast or to record your answers to the questions above.

### My Action Plan:

Write down a few steps you'll take to make a change or practice what you've learned. Draft a personal self-care plan that works for you.