

PRINCIPLE ONE

Respond

Wellness means responding in the most caring way possible in the moment. Responses are influenced by - and dependent upon - the specific situation, and on your needs, preferences, and resources.

Forget everything you have ever read about what you "should" be doing (how you should be eating, what exercises you should be doing, or how you should be spending your time), and write ten responses that would be strong choices for you.

Examples:

Move and stretch my body for 20 minutes.

Keep driving.

Put myself in bed by 10:00pm.

