

# NCA Self – Care Battery Module



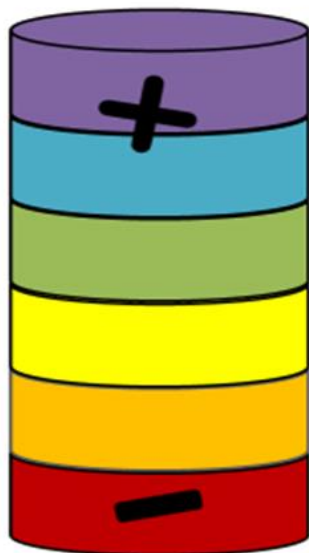
## Check Your battery

How are you currently feeling?

Feeling Great!  
Keep practicing your  
self care

Feeling Okay!!  
How can you make  
your day a tiny bit  
better?

Struggling!!  
Practice triage: what  
area of your life is  
suffering the most right  
now? Try and help that 1  
area today



Feeling Good!!  
How can you  
maintain the levels  
your currently at?

Meh!!  
How can you build on  
your self-care today?  
Be extra kind to your  
self

I'm empty!!  
Pinpoint what's draining  
you, can you do anything  
to resolve. Then do  
something that fills you  
up

In today's fast-paced world, being busy seems like our normal. Between working all day, eating on the run and having little time for fun and relaxation, it's normal to feel really tired at least some of the time. But always feeling worn out isn't healthy. It can also leave you less happy and less productive at home and at work.

Being stressed can take a toll on your body, even if you don't have a physical intensive job.

Taking time to care for yourself and doing simple self-care activities regularly can make it easier to recharge your mind and your battery and prevent you from becoming unwell. Self-care can be anything that makes you feel better.

What's your charge today?

What depletes your battery?

What recharges your battery?



Remember small changes can have a profound positive impact on your wellbeing.

