

# KSAs of Self-Care



**KNOWLEDGE:**  
Be brave enough to know yourself

Behavior	Sensations
How is your behavior changing?	How is your body giving you cues? What do you notice?



**SKILLS:**  
Slow down to take care of yourself

Breathe	Contain
<b>4x4</b> Inhale from belly; exhale through mouth	Honor your adverse emotion and put it in a safe place.



**AUTONOMY:**  
Give yourself permission to choose

My Choice	Others' Influence
Am I following my own direction?	Am I feeling pressure to meet expectations?

# Need More?

head to  
[dawncounsels.com](https://dawncounsels.com)

And check out the **Be Box**  
a guided grounding meditation.

Use code **AWSBEN** for 40% off