

My Look, Listen, Link, Live Cycle

Self-Care & Wellness Reflection Tool



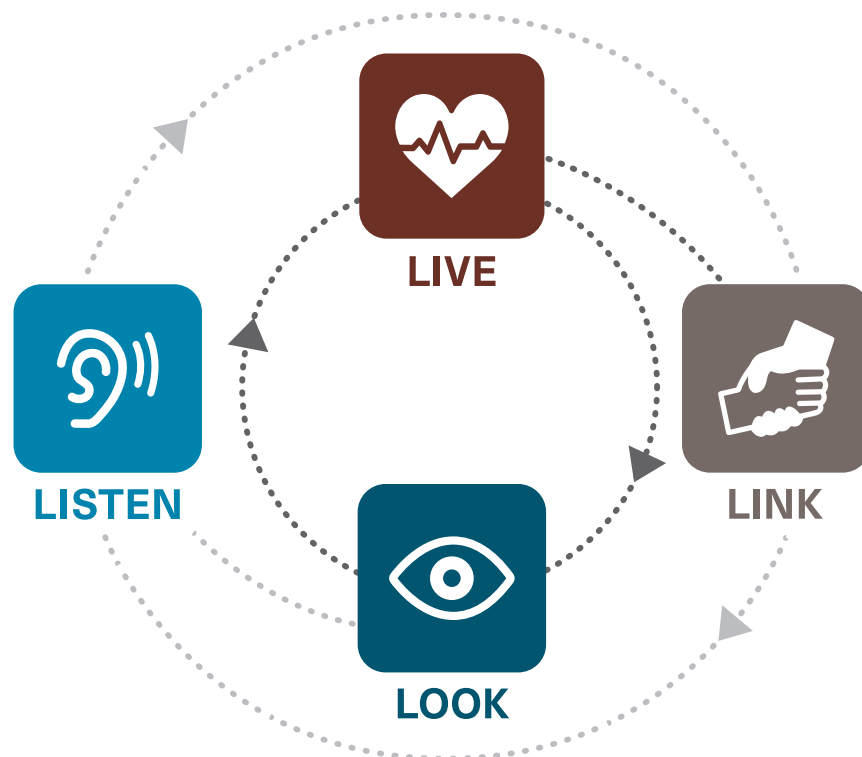
IF YOU ARE IN CRISIS

Please call 9-1-1 immediately or locate a Crisis Centre in your region.

Self-care and wellness are about knowing how to take care of yourself before, during, and after a stressful situation. Using the Look, Listen, Link, Live (LLLL) cycle for your situation may help you build resiliency for self-care and wellness now and in the future.

Look and live are actions you always do, whether or not you're experiencing stress. **Look** is about noticing your signs of stress; **live** is about taking action to maintain your resiliency. In a time of

heightened stress, after look comes **listen**, which is about assessing your signs and what they're signalling to you about your needs. Next is **link**: this step is about the things you can do to meet those needs. These "things" are your personal factors, which are particular circumstances and actions that help you achieve and maintain wellness. From link, you move to live. After a period of heightened stress, you continuously cycle between live and look.





LOOK for signs of stress within yourself.

E.g.: Are you tired? Do you get headaches?



LISTEN to what the signs are saying about what you need.

E.g.: Are the signs saying you need to take a break?



LINK the signs and your needs to things you can do to meet those needs. *E.g.: Listen to music or call a friend.*



LIVE by applying your coping strategies continuously to help maintain your resiliency. *E.g.: Take breaks and ask for help when you need it.*