Find Your Top 3 Relaxers

**Stress & Metabolism**

|  |  |
| --- | --- |
| **Parasympathetic** | **Sympathetic** |
| * Feel & Heal
* Rest & Digest
* Metabolism Goes Up
* Fat Burning
 | * Stress Response
* Digestion Shut Down
* Metabolism Slows
* Fat Storing
 |

**My Top 3 Stressors My top 3 relaxers**

1. 1.

1. 2.

1. 3.

**The self-care action step I am most excited to try this week is:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**