

# NATAL's 10 Commandments for Self-Preservation



## 1. Awareness

Internal scanning of thoughts, sensations, and emotions



## 2. Regulation

Practice breathing, muscle relaxation, grounding, mindfulness, and journaling



## 3. Social Connection

Strengthening meaningful relationships, connection, belonging, exposure, cohesion, and mutual support



## 4. Self-compassion and acceptance

Being good to myself, recognizing that I am human and accepting the mistakes and weaknesses along the way



## 5. Identifying Energy Drainers

What/who makes things difficult or burdens me? How can I reduce them?



## 6. Rituals and Boundaries

Separating between home/work spaces, emergency/routine, breathing during transitions



## 7. Meaning

What is important and meaningful to me in life? Hope, spirituality, faith. Why am I here?



## 8. Knowing to Ask for Help

Specific, genuine, allowing others to be meaningful for me



## 9. Small Gifts

Taking care of resource replenishment through simple, essential small actions




## 10. Positive Thinking

Being grateful and appreciative each day for the small and big "here and now," gratitude



# Chargers & Drainers

	Things	Places	People
 Chargers			
 Drainers			

