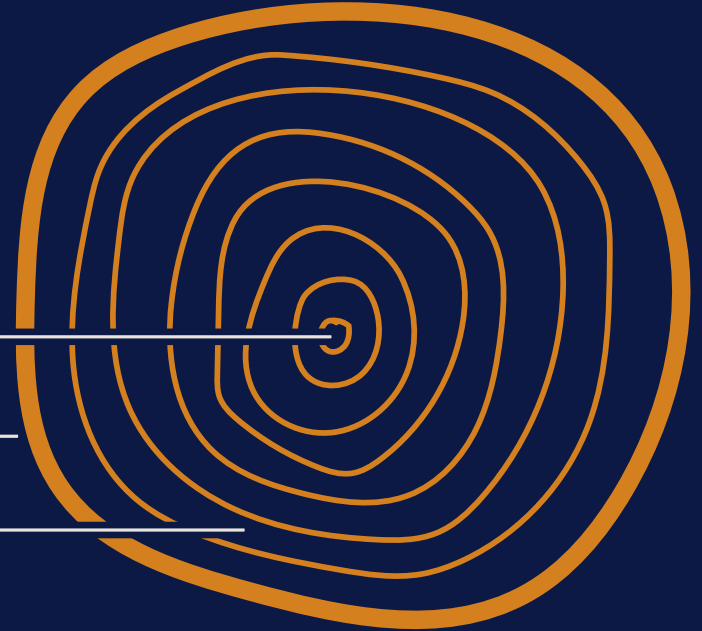


Self-Care

Mental Health

Physical Health

Cognitive Health



Definition

Mental Health

A person's condition with regard to their psychological and emotional well-being.

Physical Health

Condition of your body, taking into consideration everything from the absence of disease to fitness level.

Cognitive Health

Process of acquiring knowledge and understanding through thought, experience, and the senses.



Fast track card



What are the concrete daily actions you prioritize to look after your mental, physical and cognitive health?

Do you pay as much attention to yourself as you pay attention to your work or to others? Why? Why not?





Reflection

Mental Health



How do you manage your energy?

How do you recover from a high stress period? How do you relax?

How do you build your resilience?





Reflection

Physical Health

