Council on Compulsive Gambling of Pennsylvania

Self-Care Group Activity

For this activity, you will be asked to answer the two questions below. Then, break into groups to share. Remember, it is important to keep ourselves healthy to be able to provide better care. Take care of yourself!

1. What are two things you currently do for your self-care that you find helpful

2. What are two things you want to get back to that you have stopped or what are two things that you want to add as something new to your self-care plan