

Prompts

How do you define self-care?

What are some self-care practices that you currently engage in?

What are some self-care practices that you would like to start doing?

How do you prioritize self-care in your daily routine?

What are some self-care practices that you have found particularly helpful in the past?

How do you make time for self-care when you are feeling overwhelmed or stressed?

How does engaging in self-care make you feel?

How do you recharge and refocus when you are feeling drained or burnt out?

What are some self-care practices that you have found particularly challenging to incorporate into your routine?

How do you practice self-care when you are feeling anxious or depressed?

