

# *An Exploration of Self-Care.....*

Is the phrase "self-care" or some form thereof, a prominent one in your life?

In other words, is this something you think about, contemplate, do enough of, worry about not doing enough of...?

What does the phrase 'self-care' mean to you? What does it look like?

What are your goals for self-care?

How do you feel when/if you're not meeting 'your' standards of self-care?

How might you finish this sentence: "I have to take care of myself, because if I don't....."

Is that true?

What are your ideal forms of self-care? Which ones are you fulfilling? Which ones are more challenging?

What are, or can be 'in-the-moment' forms of self-care for you?

How do you know what you need, when you're in need of self-care? What happens when you neglect yourself?

What qualities are you longing for when you feel overwhelmed? What glimpses of those qualities can you bring to situations right now that are less than the ideal?