

Self-Care

Your space and time

- Is there enough space in your life? Would you like to make changes to your home or work space?
- Do you have everything you need? Do you need everything you have?
- How well do you manage your time? It is time I ...
- Do you reflect on what you do? Do you need more time to reflect?
- How do you maintain your boundaries? How do you know when you're crossing the line?
- What gives your life meaning? Where do your values and beliefs come from?
- What is worth celebrating? What are you most proud of?
- What would you like to know what if you approached each day with curiosity?

Support

- I feel supported when.... What supports should workplaces provide?
- How do you learn best? What would you like to learn more about?
- Who or what energises you at work and at home? How do you refuel when you're running on empty?
- How do you know when you're close to burnout? Who or what can help when you're overloaded?
- What would you like others to know about your culture? How do workplace cultures affect wellbeing?
- How is your breath connected to your emotions? Can you breathe easy at home or at work?
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Looking after yourself

- How important is spending time in nature for you? What is your favourite outdoor place?
- How do you like to relax? What helps you let go of stress?
- What are your triggers of stress or anxiety? I know it's time to act when?
- Is there a resolution you'd like to make? How could you make peace with something that is bothering you?
- What brings you comfort? How do you know when you are outside your comfort zone?
- What one thing could you do for your health today? How can workplaces support wellbeing?
- What is your favourite form of exercise? How could you build more movement into your day?
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Future directions

- What is your next step? Who or what can help you move forward?
- Is there something you need to say? What are some different ways of speaking up?
- Is there a resolution you'd like to make? How could you make peace with something that is bothering you?
- How do you decide what to do? What choices could you make right now?
- Which habits serve you well? Is there a new routine you'd like to try?
- Is there something you would like to change? What is a big change you have made?
- How do you express your creativity? How might you think 'outside the square' about a situation?