



Self-Care and Rest Prompts



What do I need more of right now: rest, connection, quiet, movement, play, or something else?

What kind of rest actually helps me feel restored?



When was the last time I allowed myself to rest without feeling that I had to earn it?

Which responsibilities are taking more energy than I expected?



What is one small act of care I can realistically give myself today?

What do I keep postponing because because I tell myself I should be productive instead?



How can I make my usual routine a little kinder to myself?

What signs tell me that I am approaching burnout or emotional exhaustion?



Which activities genuinely recharge me, rather than simply distracting me?

What would caring for myself look like if I stopped measuring its value by productivity?

