

10 questions to help you reflect on your self-care practice

1. Are you eating well and exercising regularly?
2. Do you think about work often before falling asleep?
3. What are the main things that are most likely to drain your energy?
4. How do you replenish your energy?
5. Do you have a trusted person to debrief with after difficult situations?
6. Does your workspace allow you to keep your work and personal life separate?
7. Are you able to maintain professional boundaries with clients and colleagues?
8. When was the last time you took a break or holiday?
9. What are your non-negotiable boundaries?
10. What are your warning signs that you may be running low on professional capacity?