

## Self-Care Questions

Oxford Languages defines self-care as: "The practice of taking action to preserve or improve one's own health." The questions below are designed to help you clarify the way you think, speak, and behave in regards to self-care (please see [fromlexi.com](http://fromlexi.com) for this handout including examples).

Increasing awareness helps us better know how and where to make changes.

I hope these questions guide you toward healthier and happier living!

*From, Lexi*

1. What is your personal definition of self-care?
2. Do you have a certain "name" or phrase for your self-care?
3. What are some examples of your current self-care activities?
4. Do you have goals or intentions about "when" and "how often" your self-care occurs?
5. What things "do" and "don't" count as self-care for you?
6. What examples of self-care did you previously do but stopped?
7. If you stopped a previous self-care activity, "when" and "why?"
8. Do you have a way to "measure" when self-care is needed? If so, what is it?
9. What are some emotional signs that you need more or different self-care? (How you feel)
10. What are some behavioral signs that you need more or different self-care? (How you act)
11. What thoughts get in the way of your self-care? (How you think)
12. What people, circumstances, events, etc. get in the way of your self-care?
13. Are there people around you who comment negatively about self-care? (Re: you or in general)
14. Do you have any positive beliefs about self-care? If so, what are they?
15. Do you have any negative beliefs about self-care? If so, what are they?
16. Do you have observations and/or beliefs about other people's self-care? If so, what are they?
17. Are there times when you could have done self-care but chose something else? If so, what were those other things? Why did you make that choice?
18. When you do self-care, in what ways does it help? What are the benefits?
19. Have you had times when self-care wasn't helpful or "didn't work?" In what ways?
20. Do you know anyone who has "really good" self-care? What are they doing (or not doing)?