

Give Yourself a Break: Journal Prompts

1. What parts of my day do I most **look forward to**?
2. And which parts of my day do I most **dread**?
3. What can my answers to the two questions above tell me about **areas I should focus on** when thinking of ways to take a break? (In other words, certain things zap you more than others; focus on the most draining areas and see if you can make adjustments.)
4. **What can I do when I "take a break"**? What will **nourish** me?
5. **How do I know I need a break?** What are my cues—thoughts, feelings, body sensations...
6. **How comfortable do I feel with giving myself a break?** (Some people struggle with feeling guilty-- do you as well? If so, what would it look like to let go of that a little bit?)