



Reflection Prompts

Take a quiet moment to pause and check in with yourself:

1. What does self-care look like for you right now?

2. What's one small way you can care for yourself today?

3. When was the last time you said “yes” to help—or let yourself rest without guilt?

Simple Self-Care Ideas

Try one today:

- Take three slow, deep breaths before re-entering the room.
- Step outside for two minutes of fresh air.
- Drink a full glass of water.
- Journal for five minutes before bed.
- Say “no” to one thing that drains your energy.
- Reach out to a friend or caregiver group for support.

Remember You're Not Alone

- You deserve rest, care, and joy—not someday, but today.
- Start small. Give yourself permission.
- Your well-being matters just as much as the care you give.