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**Discussion Questions**

To guide this week’s discussion, consider asking some of the following questions:

* When can you build some self-care time into your schedule?
* What is something you can do that is just for yourself and not school-related?

**Discussion Starters**Consider starting the session by asking:

* What does self-care mean to you? What about decompressing?
* Do you currently take time to focus on yourself?

**Next Steps**

To prepare for next week, ask students to:

* Do something that is just for themself!

**Topic Focus
*Why is self-care important?***

Students taking concurrent courses can forget to take purposeful self-care time. It is an important part of being successful in their classes. Self-care can prevent students from burning out, improve mental and physical health, and reduce anxiety. Planning ways in which a student can decompress can encourage students to take time for themselves.

**Week 16: Taking Time for Self-Care**

Notes

Student Name:

Course: