Week 16: Taking Time for Self-Care

Student Name:

Course:

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.

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?

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?

Notes

Next Steps

To prepare for next week, ask students to:

- Do something that is just for themself!