**Self- Care Reflection and Preventive Plan**

**When was there a time in your life that you felt overwhelming stress or burnout?**

* **What were your warning signs?**
* **What did you do well?**
* **What did you NOT do well?**

**What gets in the way of your self-care during these stressful times (what are your barriers)?**

* **How could you overcome those barriers?**

**Moving forward 🡪 what are your triggers, warning signs, red flags that are trying to alert you that you need more self-care?**