

# Journal Questions

If you'd like to, these journal guides will help you dig that bit deeper into the topics, helping you apply the words to your own life and mind. Remove any pressure from yourself to 'complete' this guide, or write reams of notes. They are simply here for you to use if and as you wish, whether you just consider them in the quiet of your mind, write one-word answers or consult them for particular topics.

## CHAPTER 6

# More rest and self-care

### 6.1 – A different take on self-care

Describe your levels of self-care and self-respect at the moment..

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What basic need-meeting acts of self-respect are missing from your life? How can you urgently prioritise meeting those?

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How do you feel when your needs are met? What benefits does it have both to your mental health, and the ability to meet the needs of those around you?

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CHAPTER 6

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## 6.2 – Self-care ideas

What small acts of self-respect and self-care can you commit to doing each day so that they become habit?

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How can you temporarily lower the bar of your standards for some small things in your life? E.g not doing Christmas cards this year, letting the washing pile build a little.

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Do you need support in meeting your basic needs? How might you invite a friend or family member to help you facilitate this

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## 6.3 – The most important conversation you'll ever have

Are you aware of your inner dialogue? What characteristics does it have?

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How does your inner dialogue make you feel? Has it always been this way?

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Consider some more compassionate responses to things you say to yourself. Who in your life might you model this kind voice on?

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### 6.4 – Motherhood burnout

How are your energy levels at the moment? How much are you giving out compared to how much you are giving yourself?

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In what areas might you be overlooking your humanness?

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Do you recognise any of the symptoms of burnout in yourself? How can you address this so that it doesn't get worse?

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### 6.5 – How to rest when you can't

How does tiredness impact you and your mental health?

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How do you feel about rest? Is it something you find easy to make space for? How do you feel when you stop, slow down or put the to-do list aside

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Which tips for rest jumped out to you? How might you implement them in your life today?

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