

# Over Time

Date: \_\_\_\_\_

## **Recognize depletion. Know your signs.**

Describe what happened to prompt you to select a card from the "Over Time" deck. Describe how it felt.

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## **Communicate what you are experiencing.**

What words could/did you share with trusted people to communicate your feelings of depletion? Who can/did you ask for help?

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## Do Self-Care

Did you select a Calm, Care, Courage, or Connect card? Which self-care idea did you select to try out and why? Describe what you did.

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## Notice

The following questions are provided as prompts. Answer those that are relevant to you.

After your self-care practice, what did you notice? Is this a self-care practice you want to adopt on a regular basis? If so, how could you do that? If not, what did you learn about what cares for you and what does not?

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