The Learning Support Centre
Dyslexia & Disability Specialists

Self-care

Useful questions to ask

What's going on in my life right now?

What's my work/life balance like?

How do I feel most of the time?

Am I having enough rest, time for quiet reflection, enough leisure and fun?

What support do I have professionally or from family and friends?

Is it enough, given my current circumstances?

If not, how can I get more?

When I'm stretched, how do I feel/behave?

What do I notice about myself?

What are the warning signs I can look out for that tell me all is not well?

Where, or to whom, do I go when life gets tough?

How easy is it for me to ask for help?

UK Registered Company no: 7048594 The Learning Support Centre Ltd ©