

TAKING CARE OF YOURSELF EXERCISE

The central question in this class is **“How do I spend my time, and do the choices that I make about this really support my well-being?”** It’s a challenging question, especially when our lives are so busy, but it seems important to reflect on this regularly so that we don’t just let the weeks, months and years slip by in an ‘autopilot’ state of busyness.

Spend a few minutes writing down 10-15 activities that you tend to do on a daily basis, starting from when you wake up to when your day ends. Not too much detail – hopefully you all get dressed and clean your teeth – but in general terms. Then, look through the list and write an ‘N’ beside all the activities which you feel nourish you and a ‘D’ beside the activities which you feel deplete you.

The main 10-15 activities of your day:

N-Nourishment

D-Depletion