



Staycations Anonymous



PMI Self-Reflection Wellness Check-in

Welcome to the PMI Self-Reflection: Holistic Self-Care Check-in!

Buckle up, because we're diving into the ultimate self-care assessment – and we're making it fun! Let's embark on a journey to explore your self-care game – the good, the meh, and the potential for awesome! We'll be cruising through the lanes of physical, mental, and relational/social well-being to guide you down the express path to peace!

Guidance for Honest Reflection:

- **Be Honest with Yourself:** It's honesty hour! Take a moment to set aside distractions & reflect on what areas need a bit of a boost? No judgments here, just real talk about where things could use some TLC.
- **Reflect Without Judgment:** There are no right or wrong answers here. Your responses are personal, and this reflection is about understanding where you are and what you need without self-criticism.
- **Consider Your Needs:** Think deeply about how you're showing up for yourself amidst your busy life. Consider what you truly need to feel more balanced and fulfilled.

Instructions for Completing the Worksheet:

Plus (What's Working Well):

- Reflect on areas where you currently excel in self-care. List activities or habits that uplift you light up your world and leave you feeling fantastic. Think about what makes these practices successful for you.

Minus (What's Not Working):

- Acknowledge areas that need improvement. Be honest about habits, situations, or mindsets that might be detrimental to your well-being. Consider how your busy schedule, and other internal/external things that may affect these areas.

Improve (Ideas for Enhancement):

- Use this section to brainstorm actionable steps for improvement. What tiny tweaks or big changes can you realistically make in your routine to level up your self-care game across the board?



PMI Self-Reflection: Mental and Emotional Wellness Check-in



Plus

(What's Working Well)

- What activities or practices help you relax and unwind after a hectic day?
- How do you currently manage stress or overwhelm effectively?
- Are there specific hobbies or activities that bring you joy and peace of mind?

Example: I've noticed that my daily morning meditation routine significantly boosts my mental clarity and sets a positive tone for the day. Taking those 10 minutes to center myself helps me approach challenges with a clearer mind.

Minus

(What's Not Working):

- What aspects of your daily routine contribute most to mental fatigue or emotional strain?
- Are there stress triggers or situations that are particularly challenging to handle?
- How does your current schedule affect your mental health and emotional well-being?


Example: I've realized that my habit of overcommitting to work without breaks has led to increased stress and difficulty in maintaining focus. This perpetual pressure takes a toll on my mental well-being, hindering my ability to unwind and recharge.

Improve

(Ideas for Enhancement):

- Can you designate specific times for mental breaks or relaxation during your day?
- How might you incorporate mindfulness practices or gratitude exercises into your routine?
- What strategies can you implement to better manage stress or difficult emotions?

Example: I plan to incorporate short, mindful breaks into my work schedule to give my mind a chance to rest. Additionally, I want to explore journaling as a way to process stress and emotions, aiming for a healthier work-life balance.



Self-Reflection: Physical Self-Care Wellness Check-in

Plus

(What's Working Well)

- How do you currently prioritize physical activity in your busy schedule?
- What healthy eating habits or meal prep strategies have helped you maintain energy throughout the day?
- What activities or exercises do you enjoy that make you feel physically rejuvenated?

Example: I've established a morning stretching routine that energizes me for the day ahead. It helps alleviate stiffness from sitting at my desk for extended periods

Minus

(What's Not Working):

- In what ways does your schedule hinder your ability to engage in regular exercise or physical activity?
- Are there any unhealthy habits (like irregular meals or lack of sleep) affecting your physical well-being?
- How does stress impact your physical health, and what contributes to it?

Example: I've noticed that irregular meal times while teleworking, coupled with the absence of meal prepping, lead to energy crashes and affect my overall productivity. This cycle is a recipe for disaster.

Improve

(Ideas for Enhancement):

- How can you incorporate short bursts of physical activity into your daily routine?
- What adjustments can you make to ensure you get sufficient rest and maintain a balanced diet?
- Can you explore stress-relief techniques (like yoga, meditation, or deep breathing) that fit into your busy schedule?

Example: I aim to incorporate short walks during lunch breaks to get some fresh air and movement. Additionally, I plan to meal prep on weekends to ensure healthier eating habits during busy workdays

PMI Self-Reflection: Social Connections & Relationships Check-in

Plus

(What's Working Well)

- How do you currently maintain connections with friends, family, or a support network?
- What activities or moments bring you joy in your social interactions despite a busy schedule?
- In what ways do your relationships contribute positively to your life?

Example: I've noticed that scheduling weekly virtual coffee dates with close friends has been a great way to stay connected despite our busy lives. These sessions uplift my spirits and provide a sense of belonging.

Minus

(What's Not Working):

- How does your busy schedule impact your ability to spend quality time with loved ones or friends?
- Are there any conflicts or challenges in your relationships due to time constraints or stress?
- Do you feel supported and connected in your social circles, or do you feel isolated?

Example: I've realized that my packed schedule leaves little time for quality interactions with family members. I often feel disconnected and miss out on important moments due to work commitments.

Improve

(Ideas for Enhancement):

- How can you carve out time for meaningful interactions or bonding moments with loved ones?
- Are there ways to streamline or delegate tasks to create more time for social connections?
- Can you establish boundaries to ensure a healthier balance between work, personal time, and social engagements?

Example: I plan to designate specific 'unplugged' family time every weekend to foster stronger connections. Additionally, I aim to explore local community events to expand my social circle and meet new people.