

## ISANA NZ self-care questions

1. When I am dealing with a testing student case/work situation, I often feel (**describe your emotions**):

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2. What are three helpful strategies for dealing with testing cases/work situations emotionally and mentally? (**describe the strategies that are most helpful**):

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3. What are my emotional and mental symptoms/red-flags if I am not following self-care strategies or principles? (**describe three symptoms**):

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4. In what way can a team or across-institution approach support my self-care strategies? (**describe supportive team or across-institution approaches**):

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5. What are three ways to reflect on present student cases/work situations that would strengthen my self-care practice in the future? (**describe strategies for reflecting on current student cases/work situations**)

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