

Name _____

Healthy Body, Happy Mind: The Importance of Self-Care

Open-Ended Response Questions

1. Share a personal experience where self-care practices helped you in a challenging situation. Describe the situation, the self-care practices you used, and the positive outcomes.
2. Imagine you are a superhero, and your superpower is self-care. Create a short story or comic strip illustrating how you use self-care to overcome a challenging scenario.
3. Discuss the role of self-care in maintaining a balance between physical and mental health. Provide examples of self-care practices and their impact on overall well-being.
4. In your opinion, which self-care practice is the most important for your well-being, and why? Explain how you incorporate this practice into your daily life.

