Self-care interview form

# Interviewer’s name:

* The purpose of this assignment is to explore areas of stress in students’ lives and develop a plan for self-care. Similar to how we did the check-in class exercise, start by “checking-in” with your partner about how her or his semester is going. This may include any area of her or his life (i.e., school, family, work, finances, health, relationships, time management, social life). Work together to identify areas of stress your partner is experiencing or anticipates experiencing. Use active listening techniques and pay particular attention to thoughts, feelings, and behaviors. Then, work together to develop a plan for the next 5 weeks that your partner will follow to practice self-care. These are specific and measureable actions she or he will take. State the actions so the specific time can be written in a daily planner (i.e., walk every Thursday at 8:30 a.m.). You will be meeting with your partner in 5 weeks to review progress with the self-care plan. Write the thoughts, behaviors, and stressors in narrative form, but simply list the feelings (see *Self-care interview instructions* and *Self-care interview form - examples*). Answer all items and do not change the form.

1. Identify and describe (behaviors, thoughts and feelings) 3 stressors (i.e., school,

 family, work, finances, health, relationships, balancing responsibilities, time

 management, social life) that she or he is experiencing or anticipates encountering this

 semester.

 a. stressor:

 feelings about stressor:

 b. stressor:

 feelings about stressor:

 c. stressor:

 feelings about stressor:

2. Action steps to manage stressors identified in #1:

 a. activity:

 frequency/duration:

 b. activity:

 frequency/duration:

 c. activity:

 frequency/duration:

**Name of classmate you interviewed**:

 Grade: \_\_\_\_\_