**Week 5 Worksheet – Self-Reflection, Overwhelm, Self-Care**

**Instructions:** This worksheet is divided into three sections, focused on three central topics from Week 5 of the Writing Bootcamp. As with other activities in the course, please edit, add, compile, and work with this activity sheet in any ways that are most helpful for your project.

**Self-reflection and self-critique**

Please have a look back at your Week 1 Worksheet for the course. Answer the following questions:

1. Does my writing progress line up with the goals and expectations I set? Have I achieved some of my goals but not others?
2. Re-examine your goals and think about ways your goals may have adapted or evolved. How would you restate your goals at this point in the course?
3. What is a nagging question or concern you have about your writing project? Thinking self-critically, what is an aspect of your writing project you may consider revising or changing?

**Dealing with overwhelm**

1. Describe a time you experienced overwhelm in your life or in your work (doesn’t have to be about writing). What was the source of overwhelm? What did you try to do about it? Was your response successful?
2. What are some strategies you have for dealing with overwhelm? Are any of your strategies similar to the tricks and tips in the Week 5 Resource sheet?

**Self-care**

Self-care encompasses a range of strategies and approaches to managing stress, anxiety, overwhelm, and other kinds of stumbling blocks common to writing. Think about your own self-care routines and things you do to deal with stressors.

1. Do you have a self-care routine in place? Describe it:
2. Do you find physical activity to be a helpful form of self-care? What kinds of activities do you do as part of self-care?
3. Do you find a regular sleep routine is helpful for self-care? Are there ways you organize your work and rest as a kind of self-care?
4. Do you find eating a balanced diet to be helpful for self-care? Are there other day-to-day routines you have to promote self-care?
5. Do you find that maintaining positive relationships with friends and family is important for self-care? Are there social events or community initiatives you enjoy that may be part of self-care?

**Notes:**

Do you have any further comments on self-reflection, overwhelm, or self-care? Any comments about Week 5 of the Writing Bootcamp or about the course more generally?