

Name:

Today's Date:

Meeting Activity: The Five S's



How would you score your Five S's: Sleep, Self-Care, Self-Compassion, Soul-Care, and Social Support?

The symptoms of burnout can be lessened and even eliminated when we honor our basic needs for "The Five S's": Sleep, self-care, self-compassion, social support, and "soul" care.

Sleep is foundational: Without sufficient, *quality* sleep, we cannot think clearly and our capacity for decision-making is affected. This in turn affects our choices for self-care and our capacity for interaction with others. We are more susceptible to burnout when we lack sufficient restorative rest.

Self-Care refers to how we address our mental and physical needs for nourishing food, appropriate physical activity and rest, relief from stressors. Stressors can include overwhelming visual & auditory stimuli, exposure to noxious odors, upsetting news/social media feeds, relationship challenges, and so on. Self-care is about choosing ways to nourish and replenish ourselves, as well as relief from stressors.

As well, how we care for our *whole selves* – not just our bodies, but our inner, deeper, emotional and spiritual selves (what I refer to as "soul" in this context) – affects our experience of burnout.

Self-Compassion is about cultivating an attitude of *unconditional kindness* toward ourselves – in contrast to self-judgment or self-reproach – that allows for acceptance, and deep relaxation and rest. This in turn, allows for restoration and growth. Self-compassion is based in mindfulness and awareness, and becomes stronger with practice. It can be as simple as acknowledging ourselves: “I know I’ve done the best I can.”

Self-Compassion and Soul Care are related, yet distinct. **Soul-Care** refers to the practices that nourish our deepest inner being: meditation, prayer, ritual, even a contemplative walk in Nature can feed us deeply. Creating a place of refuge in our homes or workplaces where we can take in soothing images, sounds, or aromas, can provide the nourishment we need to restore balance.

Finally, having nourishing, supportive relationships – someone in our “corner” – can improve our ability to tolerate and recover from stressors. **Social Support** means having *at least one other person* with whom we can deeply connect; with whom we can be fully ourselves; someone with whom we can take off our mask and simply *be*, without having anything more asked of us.

For each section of the wheel above, write in a number from 0 to 5 that reflects how well you honor these areas of your life. 0 = Not honoring at all; and 5 = Consistently honoring.

Additional Inquiries for each of The Five S's:

Sleep

1. How many hours of sleep do you usually get per night? Per week?
2. How many do you need to wake up feeling rested and refreshed?
3. What would be different if you had that?
4. What steps are you willing to take to get that amount of sleep?

Self-care

1. Do you regularly engage in nourishing self-care activities? What are they?
2. What benefits do you notice when you engage in them?
3. Which would you like more of?

Self-Compassion

4. What do you notice about your “self-talk”? Is it harsh, or kind, or shrill, or...?
5. Recall a time when you just took in a deep breath and sighed it out. What was the inner voice saying?
6. What self-compassionate “mantra” or practice/support would you like to add?
7. How will you know when to use it?

Soul-Care

8. What does "soul care" mean to you? What does it mean to take care of your "inner" wellbeing?
9. Do you have a spiritual practice? What is it?
10. What soul care practice/support would you like to add?
11. When will you add it?

Social Support

12. Describe what a "nourishing" relationship would be like
13. Who are the significant people in your life?
14. Do these relationships nourish you? If so, how?
 - a. If not, what *would* feel nourishing?
15. What needs to change in order to find more nourishment in your relationships?

General Questions:

16. How easy or difficult is it for you to say "no" to requests that feel out of alignment?
17. What gets in the way of having or doing what feels good or right to you?
18. What is ONE change you would like to make to increase the score in (the selected) area?

