

# How have you **Been?**

## 20 reflection questions

1. How has your energy level been over the last few weeks?
2. Have you felt guilty when relaxing?
3. Have you felt a continual need to achieve something new?
4. Have any of your big life goals felt unclear?
5. Have you felt more, or less competitive than usual?
6. Has your workload increased?
7. Have your working hours increased?
8. Has your mood been positive, on average?
9. Have you asked other team members for help?
10. Have you found it hard to switch off?
11. How has your consumption of stimulants (caffeine etc) been?
12. How has your diet been?
13. How has your alcohol consumption been?
14. How has your memory been?
15. Have you felt short tempered/snappy in the office?
16. Has your sleep been ok?
17. Have you done much exercise?
18. How would you rate your level of self-confidence?
19. How's your support network?
20. Have you been kind to yourself – or not?