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PSL Programme — Personal, Social and Learning-to-Learn Competences

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Emotional Awareness Reflection Worksheet

Reflection Questions

1. What situations usually create stress in your life?
2. How do you normally respond to stress?
3. What activities help you feel calm and balanced?
4. What self-care practices are important for your wellbeing?
5. What personal strengths help you manage challenges?

Practical Reflection

Think about a recent stressful situation.

Reflect on:

- how you felt emotionally,

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- how you responded,
- and what strategies may help in the future.

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