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Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

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

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D. Downloadable Worksheet

Wellbeing & Balance Reflection Worksheet

Reflection Questions

1. What activities help you feel calm and balanced?
2. What situations create stress or exhaustion?
3. How do you currently balance responsibilities?
4. What healthy routines would you like to strengthen?
5. What self-care practices are important for your wellbeing?

Practical Reflection

Think about a typical week.

Reflect on:

- how you spend your time,
- what responsibilities feel most demanding,
- and what small changes may improve wellbeing and balance.

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