



Social and Emotional Development, Growth and Care

BACKGROUND:

Please review the following resources:

- [11 Self-Care Tips for Teens and Young Adults](#)
- [17 Self-Awareness Activities and Exercises \(+Test\)](#)
- [The Relationship between Mindful Self-Care and Subjective Well-Being among College Students and Working Professionals](#)
- [Everyone Needs A Personal Board Of Directors](#)

DISCUSSION:

FOR THE MENTOR:

- How do you practice self-awareness, time management, self-care, and mindfulness?
Has there been a time when you experienced burnout? How has the pandemic changed how you approach work-life balance? How do you be assertive about your boundaries and ensure that your time/energy is not exploited by your boss or co-workers?

FOR THE MENTEE:

- How do you practice self-awareness, time management, self-care, and mindfulness?
How has the increased use of virtual platforms impacted your daily life?