

## Notes and Reflections: Ensuring Self-Care and Continuing to Grow

Take a few moments to reflect on the following questions about being a superhero paraprofessional.

1. Reflect on a time when you felt overwhelmed or stressed at work. How did you manage those emotions, and what self-care strategies did you employ to regain balance?
2. Which self-care strategies resonate with you the most, and how do you plan to incorporate them into your daily or weekly schedule?
3. How do you see self-care contributing to your effectiveness and resilience as a paraprofessional?
4. What steps can you take to grow in your profession?
5. What skills or knowledge have you gained as a paraprofessional, and how have your experiences as a paraprofessional shaped your aspirations for the future?