



REFLECTION

JOURNAL -

**Refilling Your Cup: The
Dance of Self-Care and
the Power of Reciprocal
Relationships**

**Prompts to help embrace fear, live
authentically, and move forward.**

A NOTE FROM DR. KATINA



Welcome!

We often think of self-care as bubble baths, spa days, or moments of solitude—but true self-care goes deeper. It's also about who we allow into our space, how we manage our energy, and whether our relationships give back to us as much as we give out.

In this episode, I shared how taking a couple of sick days turned into more than just physical rest—it became a wake-up call about emotional exhaustion and the importance of surrounding myself with people who recharge me.

With Love,

Dr. Katina

[illegible]

1. How do you typically respond when you're feeling physically or emotionally drained?

Do you give yourself permission to rest, or do you push through out of guilt or obligation? Be honest with yourself about how often you truly listen to what your body and mind are telling you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

3. Who

If you can't list at least two people, then create a plan to find the support you need. This could be by joining a group, seeking out a counselor, or hiring a life coach.

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3. Now

3. Now, think about the relationships that leave you feeling depleted.

Without judgment, identify where you may be overextending yourself. Are there conversations or connections where you notice you're always the giver and rarely the receiver? Or, conversations where the person is physically present but not really listening to you.

[illegible]

Where in your life do you need to set (or reinforce) boundaries to protect your emotional well-being? Write down one practical step you can take this week to preserve your energy—whether it’s saying “no” without guilt, limiting certain interactions, or scheduling intentional time for yourself.

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[illegible]

5. When was the last time you allowed yourself to receive without feeling guilty?

Reflect on how comfortable you are being on the receiving end—whether that’s accepting help, venting to a friend, or simply letting someone pour into you. What thoughts or beliefs come up when you think about asking for support?

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REFLECT & WRITE

6. Action Step:

After reflecting, choose one person from your “reciprocal relationships” list and schedule time to connect—whether it’s a coffee chat, a phone call, or even a simple text to say, “I appreciate you.”

If your “reciprocal relationships' list is empty, make a plan to follow up with a professional (therapist or life coach) who can help you understand the why behind this and identify supports and solutions.

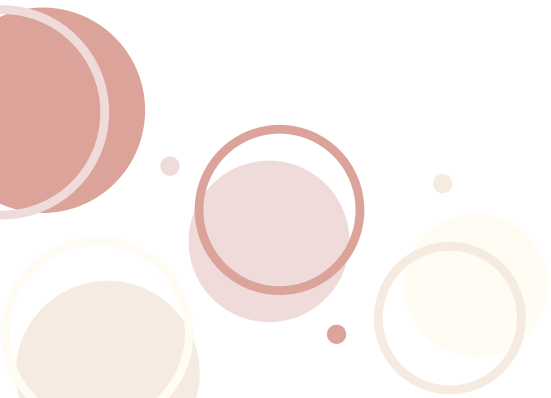
Then, choose one area where you’ll commit to honoring your own self-care this week—without guilt.

REFLECT & WRITE

CLOSING REFLECTION

Self-care isn't selfish, and needing support doesn't make you weak. It makes you human."

How will you remind yourself daily that taking care of you—and nurturing relationships that uplift you—is not a luxury, but a necessity.



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