



**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*













# 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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