

# Let's Process What You Have Learned

Use these questions to pause, reflect, and connect the lesson to your own experiences.

**1**

Which moment in the scenario felt most relatable to you?  
*(Think about a time when you may have felt emotionally drained or mentally tired.)*

**2**

How do you usually recognize that you are reaching your limit?  
*(What signs or patterns do you notice in yourself when stress builds up?)*

**3**

What is one healthy boundary or self-care action you can start practicing to prevent burnout or compassion fatigue?  
*(It can be something small but consistent.)*