



# Time By Myself

Sometimes referred to as a time out. However, we all need time to ourselves to help us relax and to reflect on situations. Explain how time by yourself is best

When do you need to take time to be by yourself? \_\_\_\_\_

How can you request time to yourself? \_\_\_\_\_

What will you do during time to yourself? \_\_\_\_\_

How can you be sure to make a time to yourself to be useful? \_\_\_\_\_

How long should your time to yourself be? \_\_\_\_\_