



# Human Optimization

## Pod Club Discussion Questions



### E62: Self-Care for Busy People: Productivity Demands Recovery

Guest: Amy S. Oxentenko, MD, MACP, MACG, AGAF, Professor of Medicine; Vice Dean of Practice, Mayo Clinic; Vice Chair, People & Culture Committee; Immediate Past President, American College of Gastroenterology; Division of Gastroenterology/Hepatology, Mayo Clinic – Rochester

*The three big questions explored in the podcast:*

#### Question 1

What exactly is “self-care” and why do we need it?

#### Question 2

What do we commonly get wrong when it comes to taking care of ourselves?

#### Question 3

What practical strategies can we use to take care of ourselves amid our crazy busy lives?

### Discussion Questions:

1. Dr. Oxentenko defines self-care as "giving the world the best of you, not what's left of you." How does this definition change your perspective compared to your previous understanding of self-care?
2. What is one habit you currently have that you thought was self-care, but might actually be a short-term "comfort fix"?
3. Who is a person in your life who models healthy self-care, and what habits of theirs have you incorporated into your own behavior and routines?
4. What is one thing you could realistically subtract from your life this week to gain time for yourself?
5. What is a hobby or practice you could share with a friend or partner to combine connection and self-care?
6. If you were pressed for time this week, what is one "self-care snack" you could commit to doing daily?
7. What are your personal “running on empty” self-care warning indicators that you can regularly monitor and use as a reminder to recommit to healthy self-care habits?
8. Based on this episode, what is one small change you are going to make to help improve in this area. How are you going to keep yourself accountable to that and measure your success? (Be sure to keep it simple, start small, and make it very clear).