Fill out this self-care wheel (electronically or printed) to create your personalized plan for self-care. See page 2 for examples of self-care activities in each area. Refer back to it when you need ideas for self-care or a reminder on how to create balance in your life.



PSYCHOLOGICAL EMOTIONAL **SELF-CARE WHEEL** Create balance in life. **PERSONAL**

PSYCHOLOGICAL

Ensuro sate housing. Eat healthy. Get enough Write in a journal • Talk to a counsellor • Join a support group · Read a self-help book · quality sleep. Got a massage of of or were Garden · Draw or paint · Lay in the sun · ocupuncture. Be octive. Engage. bhysical intimacy such as Kissing. Spend time in self-reflection • Go to a classical performance, such Walk Seek regular modical as ballet, opera or symphony care. Take a bath. Goons Consider your positive Pacation . Take time off traits · Ask for and receive help

unch. Do not

Gofor

self-compassion Cry Laugh Say 1 Show yourself self-love. Have our Joue you . Match a funny movie. Cuddle with a pet. Say something positive about yourself . Find · and practice a hobby · Buy

Soiriu al monto. Attend soiritual Services Join & Soiritual Community.

Solf-formone of the solf of th

SELF-CARE WHEEL

Create balance in life.

Leave work at work. children. Watchasinrise time of t. Ask for support. Don't work during your or dance. Practice Jos Hy With your work overtime. Learn more about who you are · Consider what you want in life • Plan and work towards short and long-term goals · Nurture friendships · Go for coffee with a friend • Go on a date • Write a book or poem · Relax with your family · Cook · Learn a new skill

PERSONAL

career move. Take a continued education class. Use your vacation and sick days. Ask

Learn to say no. Consider your next.

health days. Set boundaries.

from coworkers. Take mental