Self-Care Wheel

Use the tool to explore and prioritize different aspects of self-care. Attending to each of these areas will hopefully lead to a more fulfilling life.

**Physical**
Body and Mind are connected. By taking care of our bodies, we improve our mental health.
- Eating Healthy
- Exercise
- Getting good quality sleep

**Mental**
Involves activities that promote mental clarity and reduce stress.
- Reading self-help books
- Journaling
- Practicing gratitude

**Spiritual**
Any practice that we do to further our sense of belonging in the world.
- Meditating
- Going to a place of worship
- Spending time in nature

**Emotional**
Learning to better understand yourself and your emotions.
- Working on self-compassion
- Setting healthy boundaries
- Speaking to a therapist

**Recreational**
Take time out for fun! Engage in activities that don't require a lot of brain power.
- Having a "pamper day"
- Playing board games
- Reading

**Environmental**
Involves our relationship with the world around us. Designing an environment that works for you.
- Traveling for a change of scenery
- Listening to music

**Social**
Building healthy interpersonal relationships with others.
- Form new personal relationships
- Stay connected to important people in your life

**Financial**
Cultivating a healthy relationship with money. Involves taking intentional steps to manage our financial well-being.
- Investing in your future
- Dealing with debt head-on
- Setting financial goals