# Self-Care Wheel

Use the tool to explore and prioritize different aspects of selfcare. 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

## **Emotional**

Learning to better understand yourself and your emotions.

- Working on self-compassion
- Setting healthy boundaries
- Speaking to a therapist

# 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

## 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

#### 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 wellbeing

- Investing in your future
- · Dealing with debt head-on
- · Setting financial goals

## **Environmental**

Involves our relationship with the world around us. Designing an environment that works for you.

music

