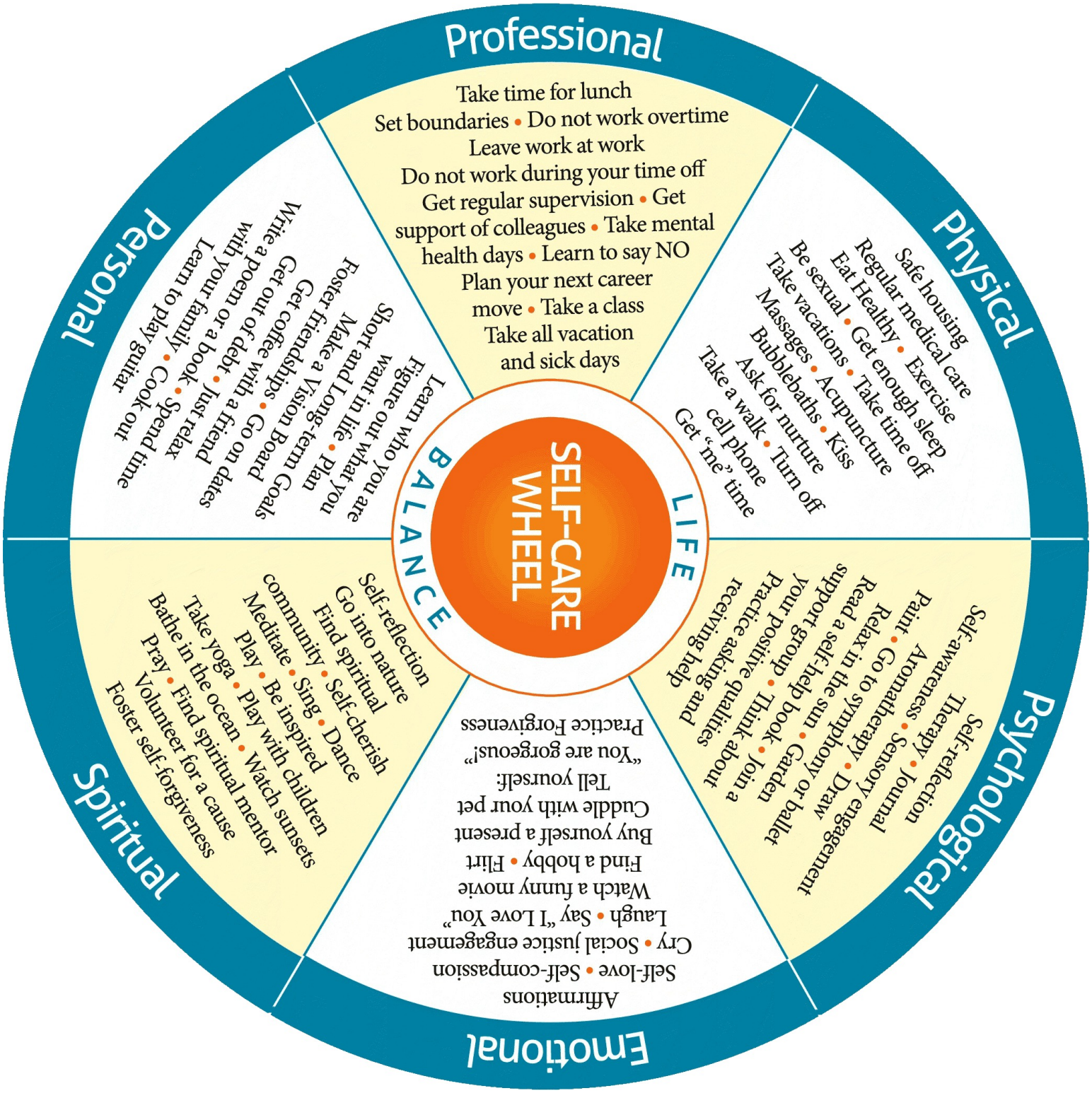

SELF-CARE WHEEL
BALANCE
LIFE
Professional
Take time for lunch
Set boundaries • Do not work overtime
Leave work at work
Do not work during your time off
Get regular supervision • Get support of colleagues • Take mental health days • Learn to say NO
Plan your next career move • Take a class
Take all vacation and sick days
Physical
Safe housing
Regular medical care
Eat Healthy • Exercise
Be sexual • Get enough sleep
Take vacations • Take time off
Massages • Acupuncture
Bubblebaths • Kiss
Ask for nurture
Take a walk • Turn off cell phone
Get "me" time
Psychological
Self-reflection
Therapy • Journal
Self-awareness • Sensory engagement
Aromatherapy • Draw
Paint • Go to symphony or ballet
Relax in the sun • Garden
Read a self-help book • Join a support group • Think about your positive qualities
Practice asking and receiving help
Emotional
Affirmations
Self-love • Self-compassion
Cry • Social justice engagement
Laugh • Say "I Love You"
Watch a funny movie
Find a hobby • Flirt
Buy yourself a present
Cuddle with your pet
Tell yourself:
"You are gorgeous!"
Practice Forgiveness
Spiritual
Self-reflection
Go into nature
Find spiritual community • Self-cherish
Meditate • Sing • Dance
Play • Be inspired
Take yoga • Play with children
Bathe in the ocean • Watch sunsets
Pray • Find spiritual mentor
Volunteer for a cause
Foster self-forgiveness
Personal
Learn who you are
Figure out what you want in life • Plan Short and Long-term Goals
Make a Vision Board
Foster friendships • Go on dates
Get coffee with a friend
Get out of debt • Just relax
Write a poem or a book • Spend time with your family • Cook out
Learn to play guitar