Self Care Wheel

This exercise is designed to help you reflect and find balance in your life. Fill in how you practice self-care in each section. Then look to see if there are areas that you could be doing more.

**Physical**
Activities that impact our physical health/wellbeing
E.g. working out, sleeping, healthy eating

**Emotional**
Ways that we express our emotions/feelings
E.g. Journaling, crying, talking

**Spiritual**
Our spiritual side helps us feel connected and a sense of belonging to the world.
E.g. Religion, meditation, nature

**Social**
Interactions that help us feel connected to and supported by others
E.g. spending time with friends/family, volunteering