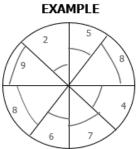
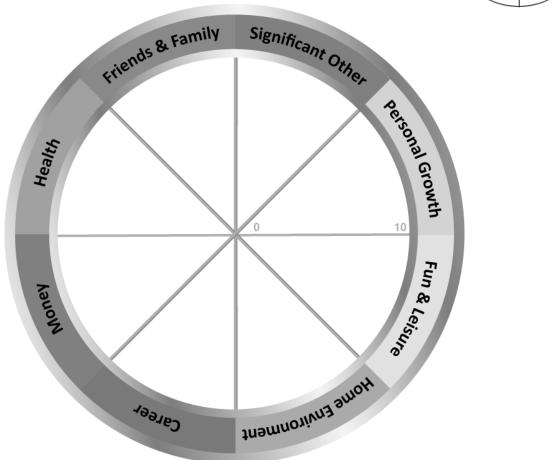
## Care For You

## Self-Care

Self-care is not selfish. It is what's necessary to keep you at your best- for yourself and for others. Use this exercise to reflect on the different areas of your life and identify where you can work to improve your overall self-care and well-being.

- **Review the 8 Wheel Categories** Notice how they address your whole self. If there are some areas that don't necessarily apply to you, feel free to re-label them. Think briefly what a satisfying life might look like for you in each area.
- Draw a line across each segment to represent your satisfaction with that area.
  - The center of the wheel is 0 and the outer edge is 10
  - Choose a value between 1 (very dissatisfied) and 10 (fully satisfied)
  - Draw a line and write the score alongside it (see example)





	could maybe use some self-care.
•	Think of an activity you enjoy that addresses one of the areas to which you gave a low score. <b>Use your senses to write about it</b> . ( <i>Ex. Fun &amp; Leisure- I enjoy bubble baths. I can feel the warm water on my skin, smell the bath salts, hear the faucet dripping, and see the candle flickering on the side of the tub.</i> ) Feel free to expand as much as you'd like!
•	How does the above activity make you feel? Can you make a plan to start doing more of it?

• Now you have a visual representation of the areas in which you're satisfied and where you

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."

~ Etty Hillesum, Author