

The Self-Care Wheel



One way to think about our self-care, is through the Self-Care Wheel. This breaks up self-care into 5 sections, ensuring that we support the many different parts of ourselves that need nurturing and caring for.

These are:

Emotional

Our awareness of our feelings and emotions, the way we cultivate a sense of compassion and kindness towards ourselves.

Mental

Our personal growth, our pursuit of learning and education and having a positive mindset.

Physical

Our fitness and sleeping habits, our nutrition and supporting our medical health.

Social

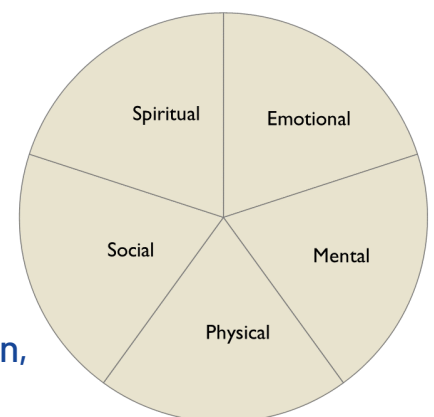
Our supportive network of people, having a sense of belonging and acceptance.

Spiritual

The beliefs and values that guide your life, including practices that nourish your soul.

Self-Care Wheel Activity

Recreate the self-care wheel on a piece of paper. Then take the time to write in each section examples of the things you do to support yourself. Some activities may go into more than one category, for example playing a sport might go into the physical and social sections. Once you have completed what you can, take the time to notice which section/s have been more difficult to fill. Then think about things you can put in place and add these to the wheel in these sections to support your wellbeing further.



The Self-Care Wheel is all about finding balance and making sure all the different aspects of our self-care get nurtured and supported.

A balanced wheel = balanced self-care!