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