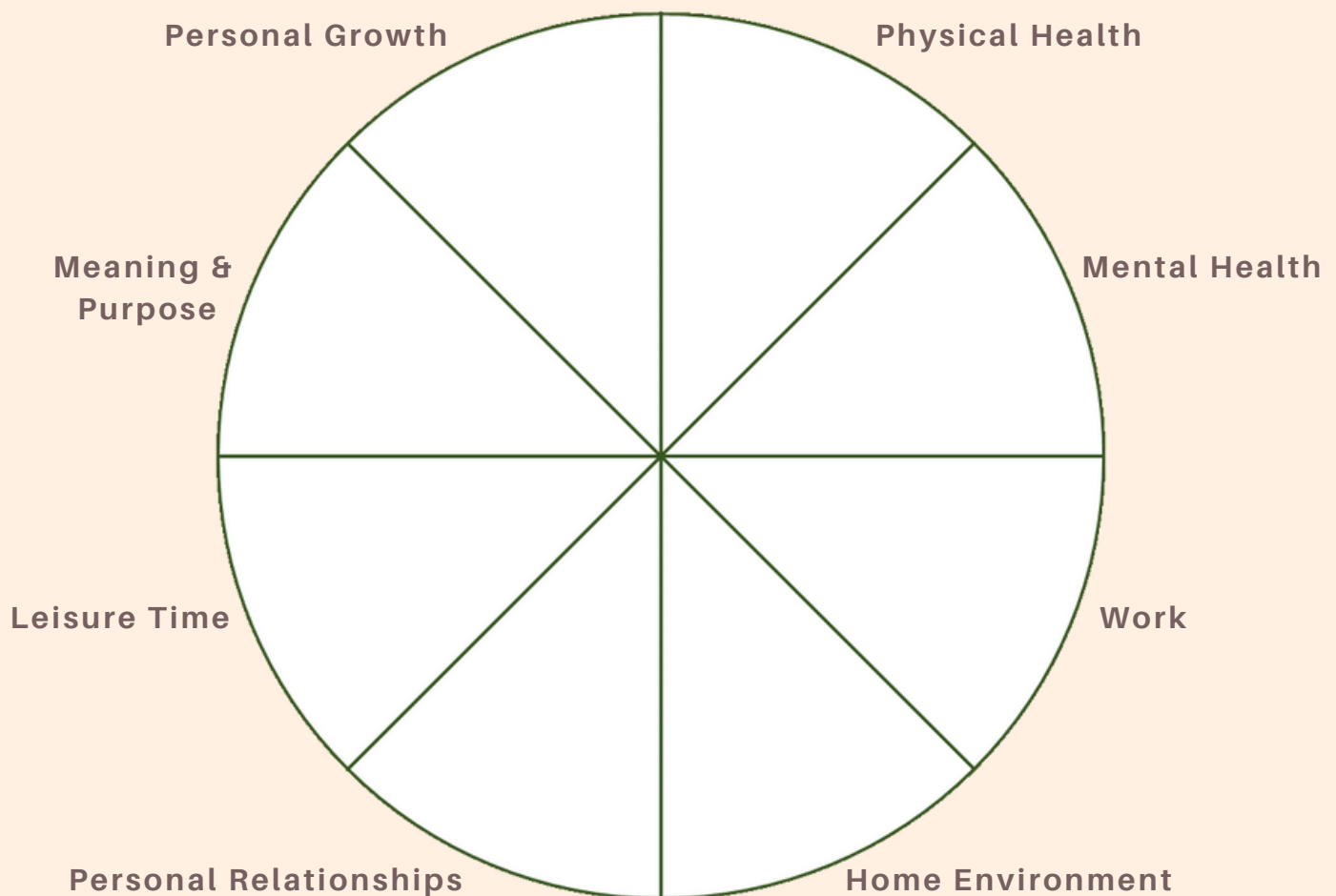


The Wheel of Self-Care

The Wheel of Self-Care is divided into 8 segments which represent important aspects of your life. As you go around the wheel assess how well you are taking care of your needs in each area.

Give yourself a rating out of 10 (0 = my needs are completely unmet in this area, 10 = my needs are completely met in this area). Imagine that the middle of the wheel is 0 and the outside of the wheel is 10. Draw a line where your rating is for each section of the wheel. If one of the sections does not resonate with you then change the name of it to something that does.

Turn to pages 2 and 3 for more information on each area and some points to consider as you are deciding on your rating.



Once you have completed the wheel, answer the questions on page 4

Physical Health

This area encompasses all the things that you need to do to take good care of your body as well as addressing and managing any medical conditions you have.

For example:

- Are you doing the activities that you need to do to keep yourself fit and healthy?
- Are you ensuring that you get the nutrition, exercise, hydration, rest and sleep that you need?
- Are you getting the medical attention you need?

Mental Health

You can care for your mental health by undertaking activities that help you to explore your thinking, express your feelings, address unhelpful behaviours, manage stress, and find a sense of calm in your life.

What are you doing to look after your mental wellbeing? This could include:

- Processing your emotions in constructive ways
- Being kind to yourself
- Doing things that bring you joy
- Getting support from a therapist or group
- Having daily practices that get you into a relaxed and present state (such as mindfulness)

Work

Are you doing the activities that you need to do to maintain your wellbeing at work? This also involves creating strong boundaries between work and your personal life.

There are many things that you can do to take care of yourself in this area. For example:

- Are you taking the breaks that you are entitled to?
- Do you have a cut off point to your working day?
- Have you got colleagues who you can go to for support?
- Are you able to manage your workload?

Home Environment

How does your living space make you feel? What do you need from your home environment?

Your living space can impact on your mental and physical wellbeing so it is worth thinking about whether your environment is serving you as much as it possibly can. For example:

- Do you have adequate space to move around safely?
- Are the main living areas clean and tidy?
- Do you feel comfortable and able to relax in your space?
- Do you have any clutter that needs removing?

Personal Relationships

Healthy relationships are essential to our wellbeing. Look at the relationships you have with your partner, friends, and family-how do you feel about those relationships? Are your relational needs being met (such as the need to feel loved, validated, and accepted?)

Are you doing things to build and maintain healthy relationships?

For example:

- Expressing your needs, desires and views clearly
- Making time to connect with your friends and family
- Handling disagreements and differences in a healthy way

Leisure Time

It is important to switch off from work and household chores and make time for your hobbies and interests and connecting with others.

Are you giving yourself the space you need to unwind and have fun? This could look like:

- Giving yourself permission to take a break and rest
- Spending time with people who uplift and interest you
- Having non-negotiable time in your day or week to do things that you find enjoyable and relaxing

Meaning & Purpose

Knowing what gives our lives meaning, and what we want our lives to be about, can help us through difficult times and give us focus and direction.

How clear are you about what gives your life meaning and purpose? Are you living in accordance with the bigger picture that this understanding provides? This could involve:

- Working for an organisation that you align with
- Undertaking religious or spiritual practices
- Exploring your passions
- Caring for others
- Supporting worthy causes

Personal Growth

We need to have goals to work towards so that we continue to stretch ourselves, experience a sense of achievement, become the person we want to be, and create the life we want to live.

Is your need for personal growth being met? For example:

- Do you know what your longer term vision is for your life and career?
- Have you set yourself some clear and meaningful goals (or intentions) for this year?
- Are you developing your knowledge and skills in areas that are interesting to you?

Questions to consider after you have completed your Wheel of Self-Care:

- Taking each area in turn, why have you given yourself this rating? How do you feel about this area of your life?
- What is your overall impression of your Wheel of Self-Care?
- What areas really need your attention? (*Select no more than 3*)
- If you could improve your rating (even just by one point) in those areas, what would that look and feel like?
- What self-care activities would help to meet your needs in these areas?

Commit to taking action:

- What self-care activities are you going to take forward?
- When are you going to carry them out?
- What could prevent you from doing so?
- What would help you to carry them out?
- What support do you need from others and how will you get it?