



I'm not robot



**I am not robot!**

Then look to see if there are areas The following worksheet for assessing self-care is not exhaustive, merely suggestive. The areas of self-care include but are not limited to: physical, psychological, emotional, spiritual, personal, and professional. Self-Care Activities by the Domains of the Wheel. Work, parenting, education, and relationships are all sources of stress The Self-Care Wheel and its two trusted companions, the Self-Care Wheel Assessment, and the Create-Your-Own Self-Care Wheel tools provide a wealth of new ideas and open up an engaging space for self-discovery, evaluation, and reflection Timeless Pacific Blue Palette You Know and Love! Be honest with your current state in each segment. Attending to each of these areas will hopefully lead to a more fulfilling life. Use this wheel to support you in creating a self-care plan that resonates with you. Self-reflection: Take a quiet moment to fill out your Wheel of Self-Care. Download Your Free Self Care Wheel Pdf of AllTools Below! This exercise is designed to help you reflect and find balance in your life. A Look at Popular Self-Care Apps. Download the Self-Care Wheel PDF below to use SELF-CARE WHEEL. BALANCE. Feel free to add areas of self-care that are relevant for you and rate yourself on how often Your self-care and life balance is vital for your health, productivity and happiness. This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton,) Physical Body This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from Transforming the Pain: A Workbook on Vicarious Traumatization by This Self-Care Wheel was inspired by and adapted from—Self-Care Assessment Worksheet" from Transforming the pain: A Workbook on Vicarious Traumatization by Self Care Wheel. What Is the Self-Care Wheel? Whether your Use this wheel to support you in creating a self-care plan that resonates with you. Download the Self-Care Wheel PDF below to use as a daily reminder of ways to prioritize yourself! Fill in how you practice self-care in each section. Whether your focus right now is on basic needs, deep desires or both remember that investing in your wellness is fundamental to becoming fulfilled and whole Templates, Worksheets, and Useful PDFs. Prioritize: Identify which areas are most important to you right now and where you want to make immediate changes The areas of self-care include but are not limited to: physical, psychological, emotional, spiritual, personal, and professional. ~is Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Sta° of TSI/CAAP (Norton,) How to Use it for Self-Help. is Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from Transforming the Pain: A Workbook on Self-Care Wheel Use the tool to explore and prioritize different aspects of self care. A Take-Home Message. References.