SELF-CARE WHEEL

Physical
- Safe housing
- Regular medical care
- Eat healthy
- Exercise
- Be sexual
- Get enough sleep
- Take vacations
- Take time off
- Ask for nurture
- Bubble baths
- Kiss
- Get “me” time

Psychological
- Self-reflection
- Therapy
- Journal
- Self-awareness
- Sensory engagement
- Aromatherapy
- Paint
- Go to symphony or ballet
- Relax in the sun
- Garden
- Read a self-help book
- Join a support group
- Think about your positive qualities
- Practice asking and receiving help

Personal
- Take time for lunch
- Leave work at work
- Get regular supervision
- Get support of colleagues
- Take mental health days
- Learn to say NO
- Plan your next career move
- Take a class
- Take all vacation and sick days
- Learn who you are
- Figure out what you want in life
- Plan Short and Long-term Goals
- Make a Vision Board
- Foster friendships
- Go on dates
- Get coffee with a friend
- Get out of debt
- Just relax
- Write a poem or a book
- Spend time with your family
- Cook out
- Learn to play guitar

Professional
- Set boundaries
- Do not work overtime
- Do not work during your time off
- Get support of colleagues
- Take mental health days
- Learn to say NO
- Plan your next career move
- Take a class
- Take all vacation and sick days
- Learn who you are
- Figure out what you want in life
- Plan Short and Long-term Goals
- Make a Vision Board
- Foster friendships
- Go on dates
- Get coffee with a friend
- Get out of debt
- Just relax
- Write a poem or a book
- Spend time with your family
- Cook out
- Learn to play guitar

Emotional
- Self-love
- Self-compassion
- Cry
- Social justice engagement
- Affirmations
- Self-reflection
- Go into nature
- Find spiritual community
- Self-cherish
- Meditate
- Sing
- Dance
- Play
- Be inspired
- Take yoga
- Play with children
- Take a bath in the ocean
- Watch sunsets
- Pray
- Find spiritual mentor
- Volunteer for a cause
- Foster self-forgiveness
- “You are gorgeous”
- Practice Forgiveness
- Tell yourself: "I Love You"
- Buy yourself a present
- Cuddle with your pet
- Laugh
- Say "I Love You"
- Watch a funny movie

Spiritual
- Self-love
- Self-compassion
- Cry
- Social justice engagement
- Affirmations
- Self-reflection
- Go into nature
- Find spiritual community
- Self-cherish
- Meditate
- Sing
- Dance
- Play
- Be inspired
- Take yoga
- Play with children
- Take a bath in the ocean
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- Find spiritual mentor
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