

Self-Care WHEEL

PSYCHOLOGICAL

be creative,
meditate, keep a
journal

EMOTIONAL

explore a
hobby, cry,
laugh

PERSONAL

learn new skill,
read a book, set
goals

PHYSICAL

exercise, eat
healthy, get a
massage

PROFESSIONAL

set boundaries,
learn to say no,
take a vacation

SPIRITUAL

sing, practice
forgiveness,
do yoga

How to Use a Self-Care Wheel

1. **Identify Your Needs** – Look at each section of the wheel (physical, emotional, mental, social, spiritual, professional) and assess what areas need more attention.
2. **Choose Activities** – Pick self-care activities for each category that fit your lifestyle and needs.
3. **Track Your Habits** – Regularly check in with yourself to see which areas you are prioritizing and which need improvement.
4. **Adjust as Needed** – Modify your self-care plan based on changes in your life or stress levels.
5. **Use It Regularly** – Review your wheel weekly or monthly to maintain balance and consistency in self-care.