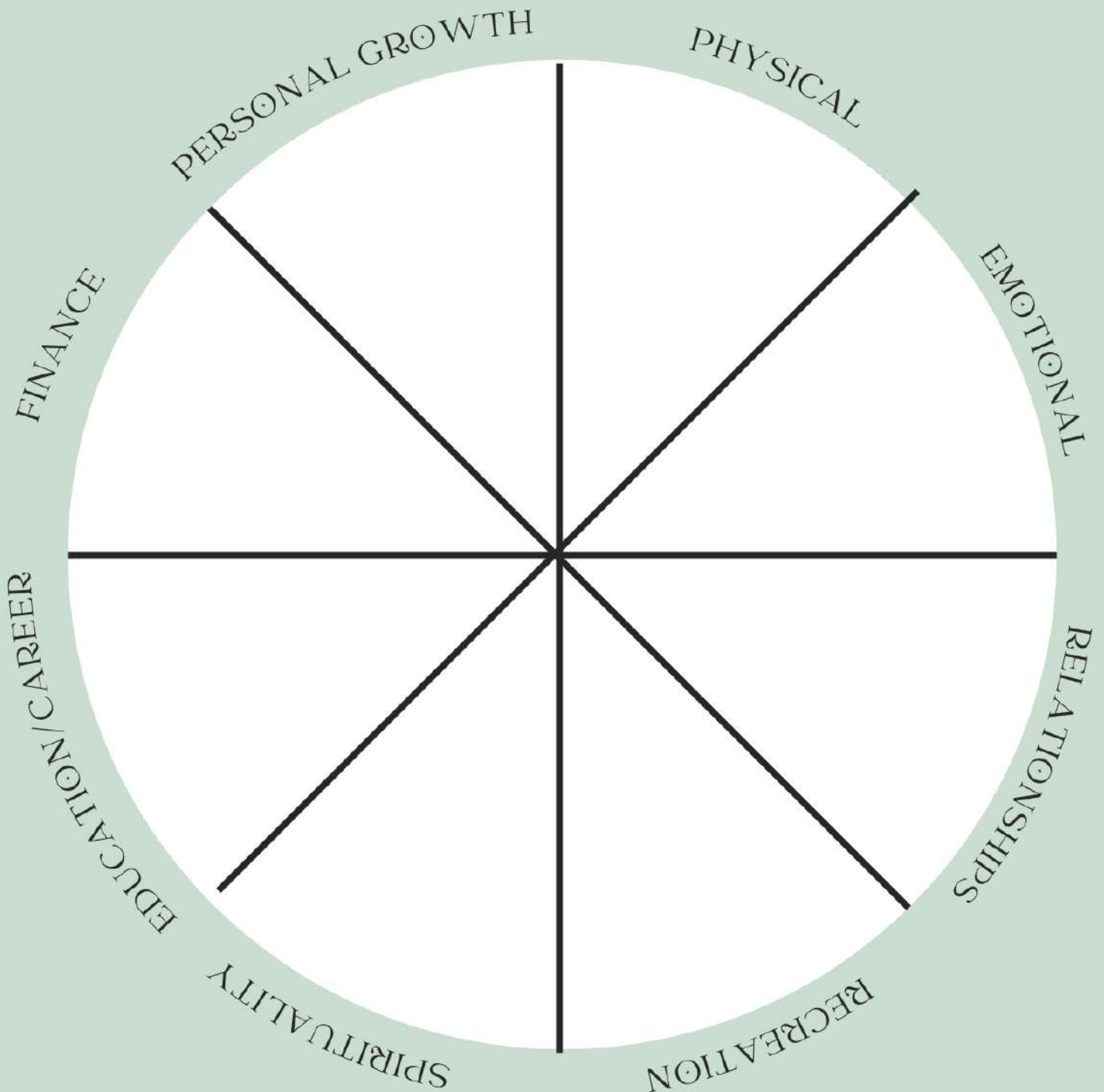


Growth & Wellness

SELF CARE WHEEL

SELF CARE WORKS BEST WHEN BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND LIST WHAT WAYS YOU ENGAGE IN SELF CARE.



ADAPTED FROM "SELF CARE ASSESSMENT WORKSHEET" FROM TRANSFORMING THE PAIN: A WORKBOOK ON VICARIOUS TRAUMATIZATION BY SAAKVITINE, PEARLMAN & STAFF OF TSI/CAAP (NORTON, 1996)