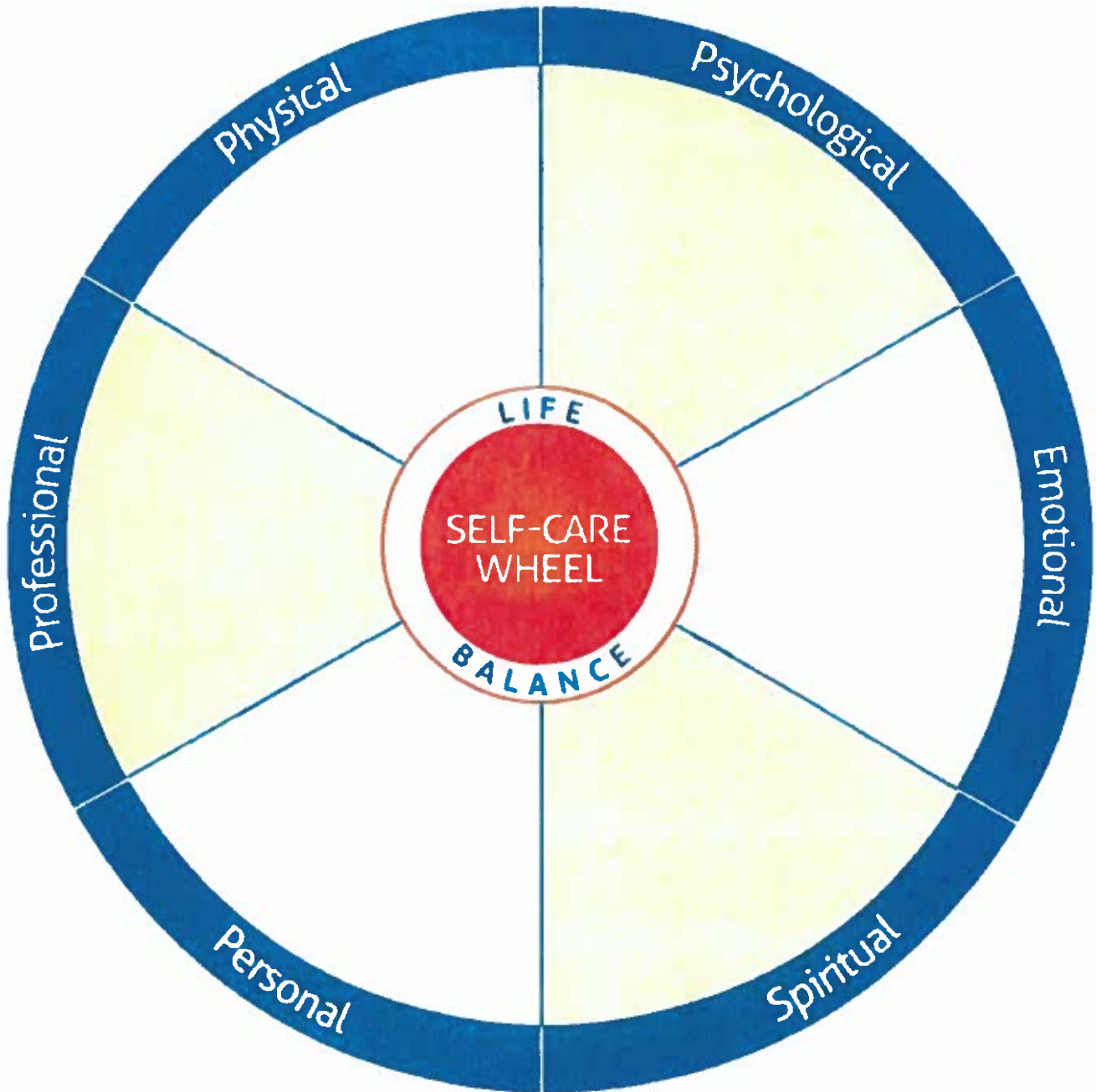
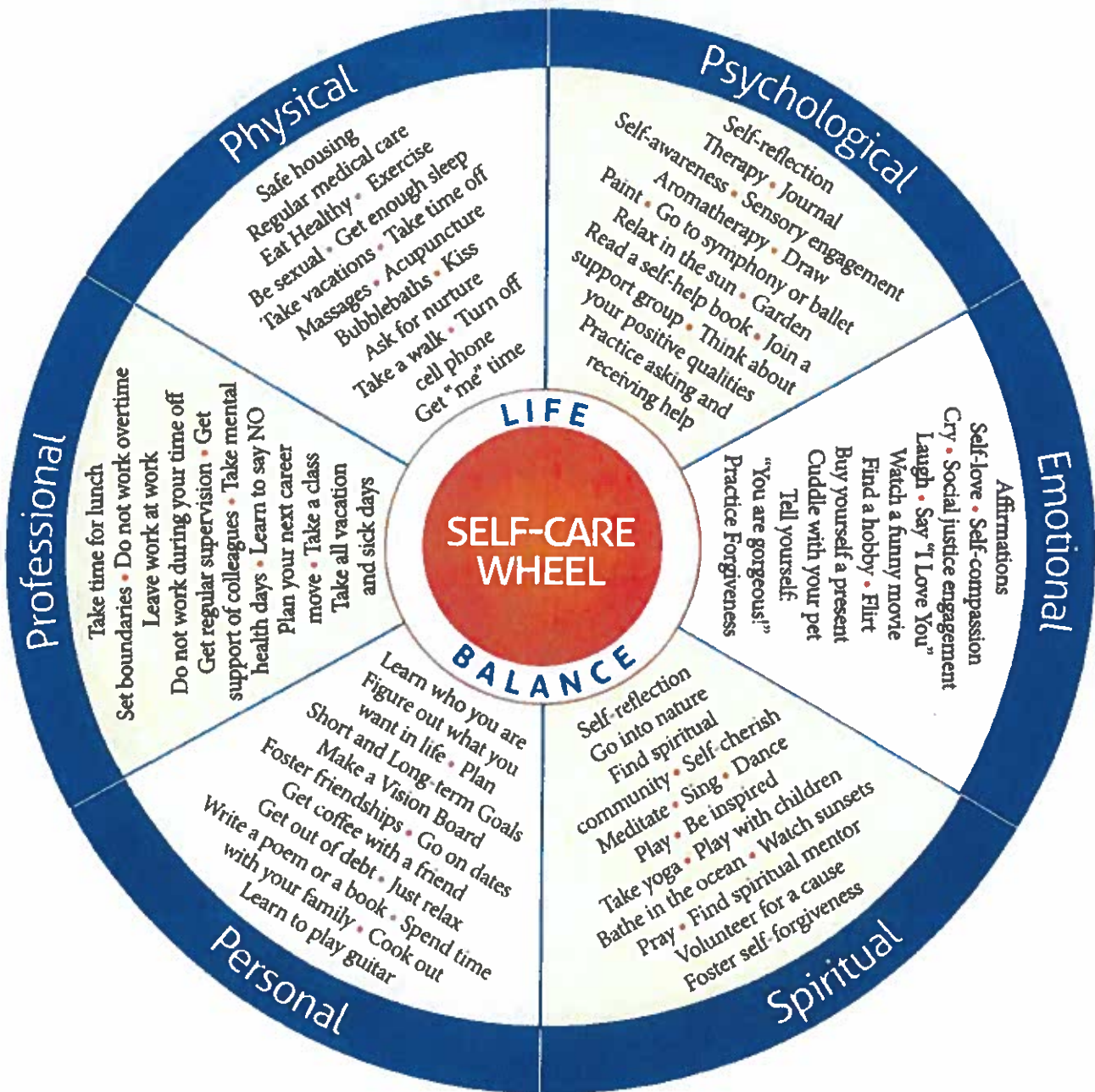


SELF-CARE WHEEL



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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, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

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Nurturing vs. Depleting Activities

Some of the things we do each day can be thought of as **nurturing activities**.

These cheer us up, give us energy, improve our well-being, and help us to better manage stress.

Other activities can be self-defeating, only adding to or perpetuating our low mood,

For example:

- *Eating healthy, regular meals*
- *Engaging in our hobbies*
- *Getting enough sleep, or*
- *Spending quality time with friends.*

These **depleting activities** sap our energy, increase our stress levels, and take away from our happiness.

Examples might include:

- *Repetitive work-related tasks*
- *Taking care of others*
- *Ruminating or dwelling on the past, or*
- *Reading the news.*

When managing symptoms of stress, depression, and anxiety, it can be easy to forget about the self-nurturing activities that often help us feel better.

Reflecting on which category our daily activities fall into can help us take steps to restore a healthy balance.

With more nurturing activities in our lives, we can better deal with life's difficulties when they do arise since we are operating from a place of better mental wellbeing overall.



Instructions:

1. In the left-hand column below, write down your daily activities, beginning from when you wake up to the last thing before you fall asleep. You'll find two examples provided to help.
2. When you're done, put a tick in the second or third columns beside it, depending on whether the activity is *Nurturing* or *Depleting*. If it helps, you can assign more than one tick to each item - e.g. one Nurturing activity may outweigh several Depleting activities.
3. Total the activities or your ticks in the final row of the table to get an overall idea of your current balance each day. How can you introduce more balance into your routine?

Activity	Nurturing	Depleting
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

Activity	Nurturing	Depleting
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	Total	