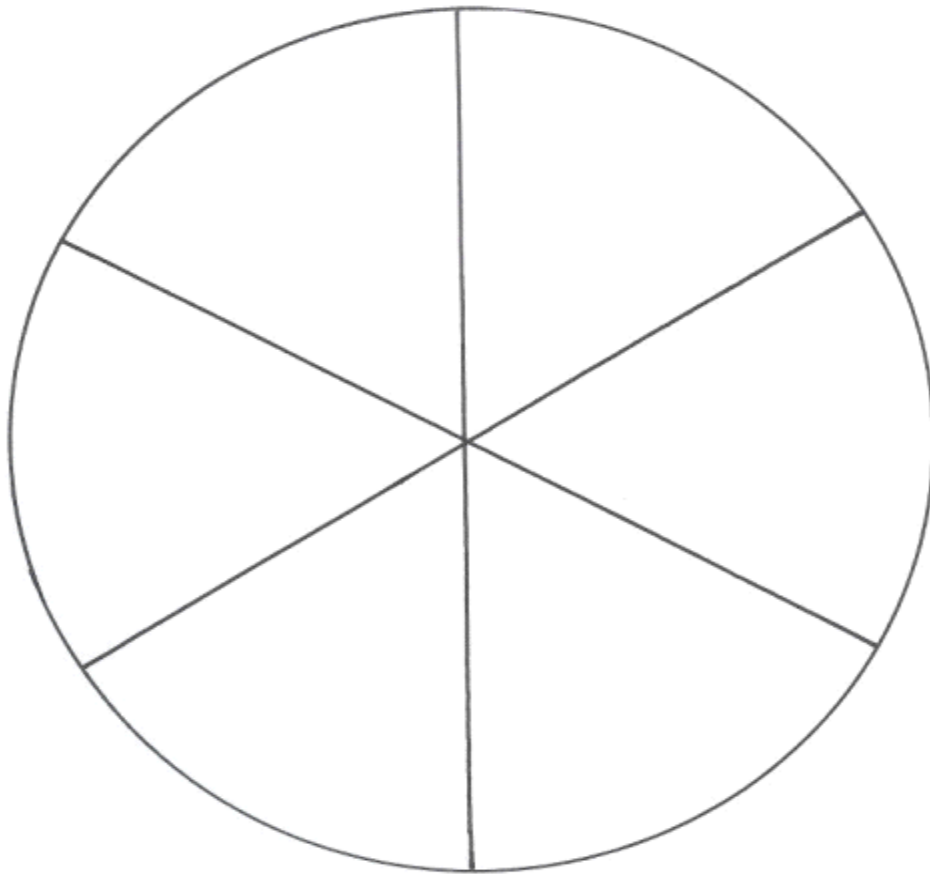


DIMENSIONS OF MY SELF-CARE: EXPLORING BALANCE

One of the recurring themes in the self-care and wellness literature is the importance of balance. In this activity you will explore the extent of balance in your life and identify dimensions of self-care that need attention.

Write a dimension of self-care in each of the segments of the circle. You may use the dimensions we identified earlier (emotion, mind, work, relationships, spirit and body) or create names that better reflect your view of your life. Fill in each segment to the extent that it reflects your attention to that dimension.



(The Dimensions of Self-Care Pie Chart was developed by Shirley Reiser, LCSW, and inspired by wellness materials available at:

<http://www.mywellnesstest.com/WIShowText.asp?PageType=5steps&stepNo=2&nextStep=3>)