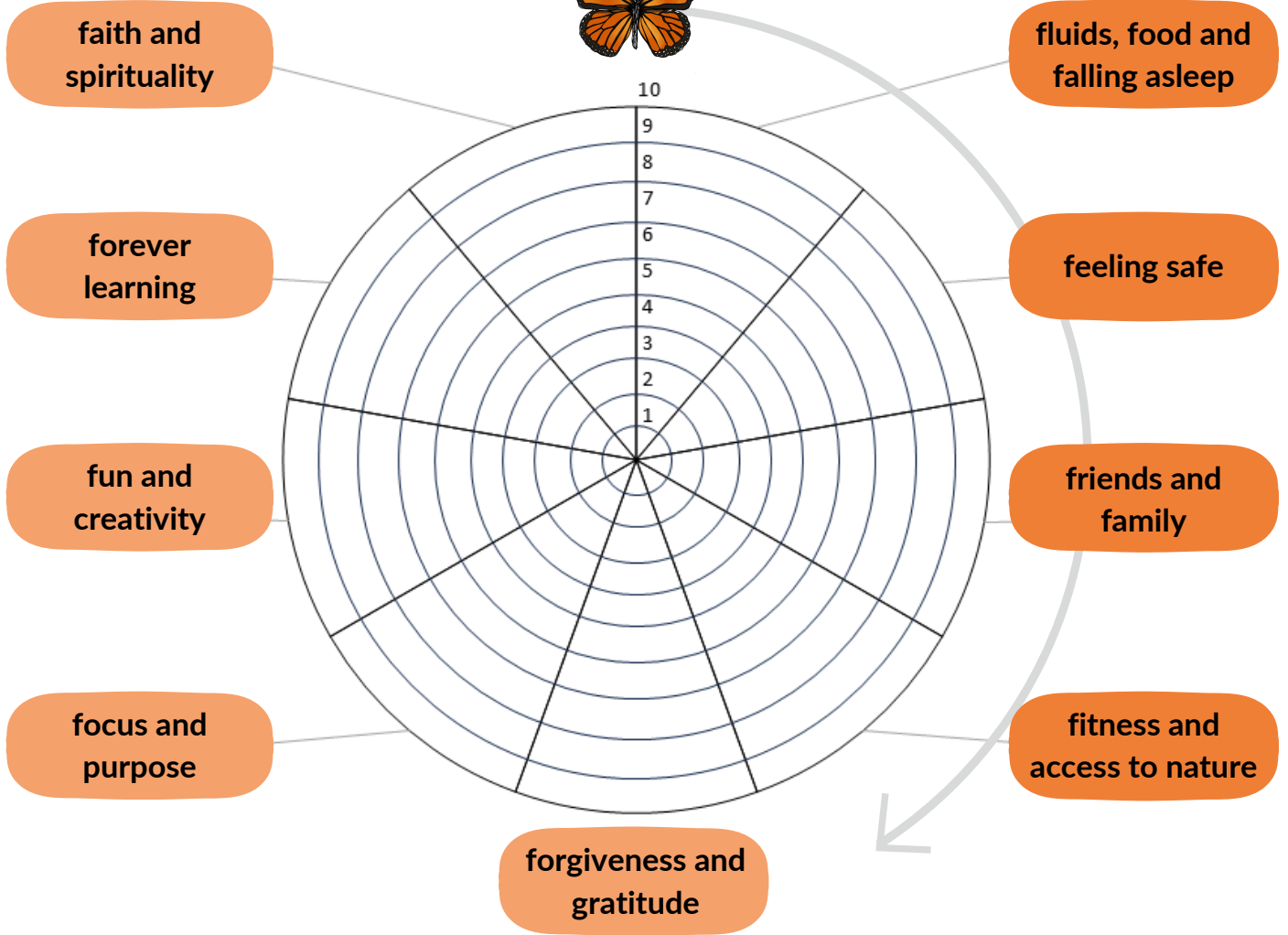


# Resilience Wheel

Mark yourself from 0 to 10 against each of the spheres of your needs, starting from the basics: fluids, food and falling asleep, then proceed clockwise. Join the scores and you'll get a spider diagram. Which area need more of your attention? Then reflect on how you can bring up your scores. You'll find some suggestions at the bottom of the page.

date \_\_\_\_\_



## Self-Care Ideas

### Body:

safe housing | regular medical care | healthy eating | exercising | sexual intimacy | sleeping | holidays | time off | massages | acupuncture | bubble-baths | walking

### Mind:

self-reflection | therapy | coaching | journaling | sensory engagement | aromatherapy | listening to music | drawing | painting | gardening | sunbathing | reading self-help books | joining a support group | focusing on your strengths | focusing on the positives | practicing gratitude | asking for help | making a vision board | figuring out what you want in life | learning a new skill | learning who you are | taking time for lunch and breaks | taking mental health days | turning off your phone

### Heart:

affirmations | self-love | self-compassion | crying | laughing | expressing love and affection | buying yourself a present | cuddling a pet | practicing forgiveness | nurturing a hobby | relaxing with family or friends |

### Soul:

self-reflection and self forgiveness | being outdoors | finding your spiritual community | meditating | singing | dancing | playing | practicing yoga or breathwork | swimming in open waters | volunteering