

Dimensions of Self-Care: Exploring Balance

One of the recurring themes in the self-care and wellness literature is the importance of balance. Write a dimension of self-care in each of the segments based on how much attention you give it in your life. You can also draw your own circle on the back of this page. You may use the dimensions we identified earlier (physical, psychological, emotional, relationships, workplace, spiritual) or create names that better reflect your view of your life.

