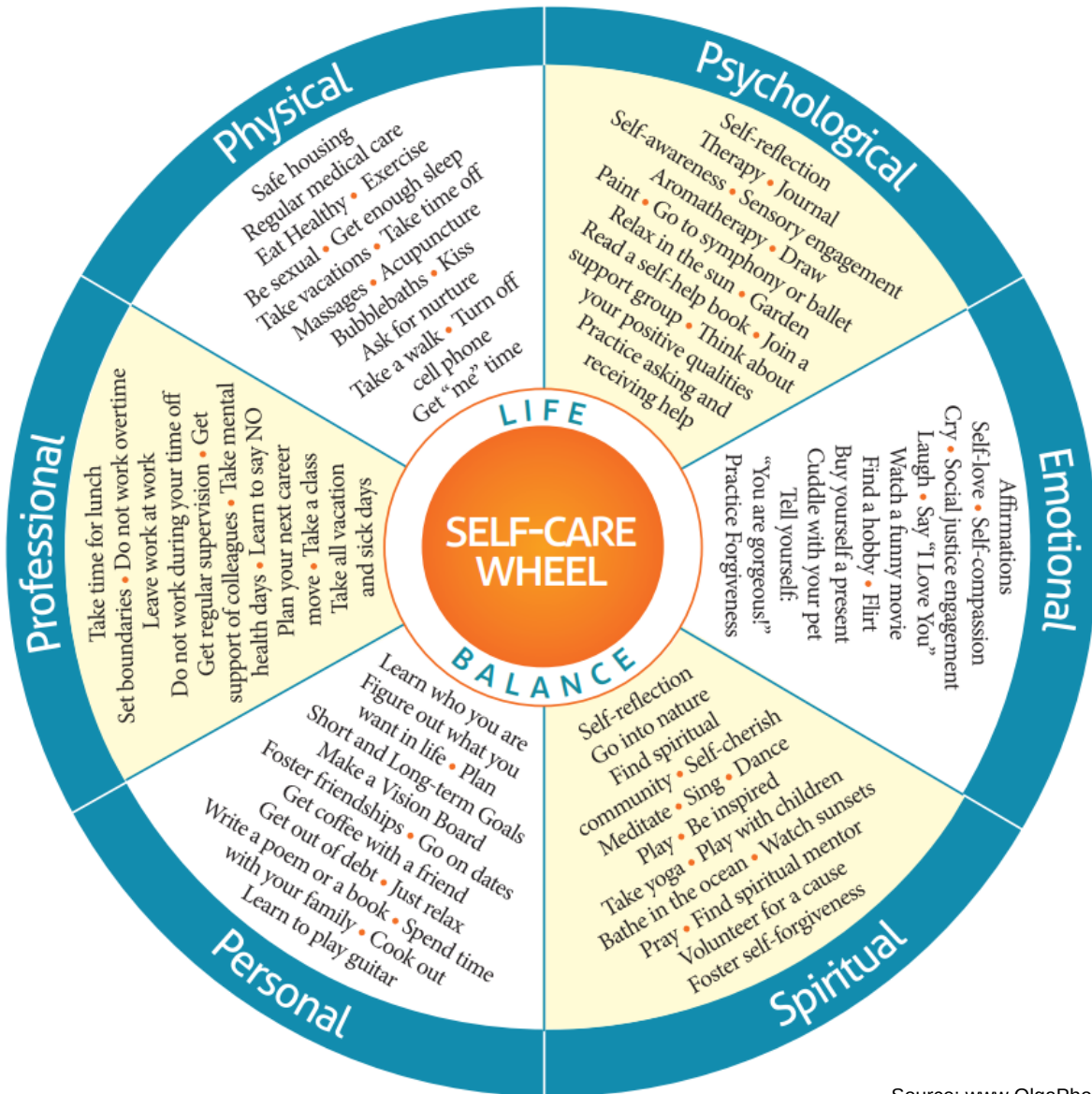




SELF-CARE WHEEL

A TOOL FOR MANAGING STRESS AND ACHIEVING HAPPINESS

The Self-Care Wheel is an empowering, affirming, and positive tool, which helps individuals to manage every-day stress, and increase contentment and life satisfaction. With over 80 self-care exercises and healing modalities, the Self-Care Wheel, by Olga Phoenix, is a great beginning for your personalized, preventative, and sustainable Self-Care plan. Use the Self-Care Wheel below to learn which areas of your life need improvement. Practicing effective self-care means finding a balance between the six sectors, each of which requires our daily attention.



Source: www.OlgaPhoenix.com

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.

