

invest
~ * IN * ~
yourself



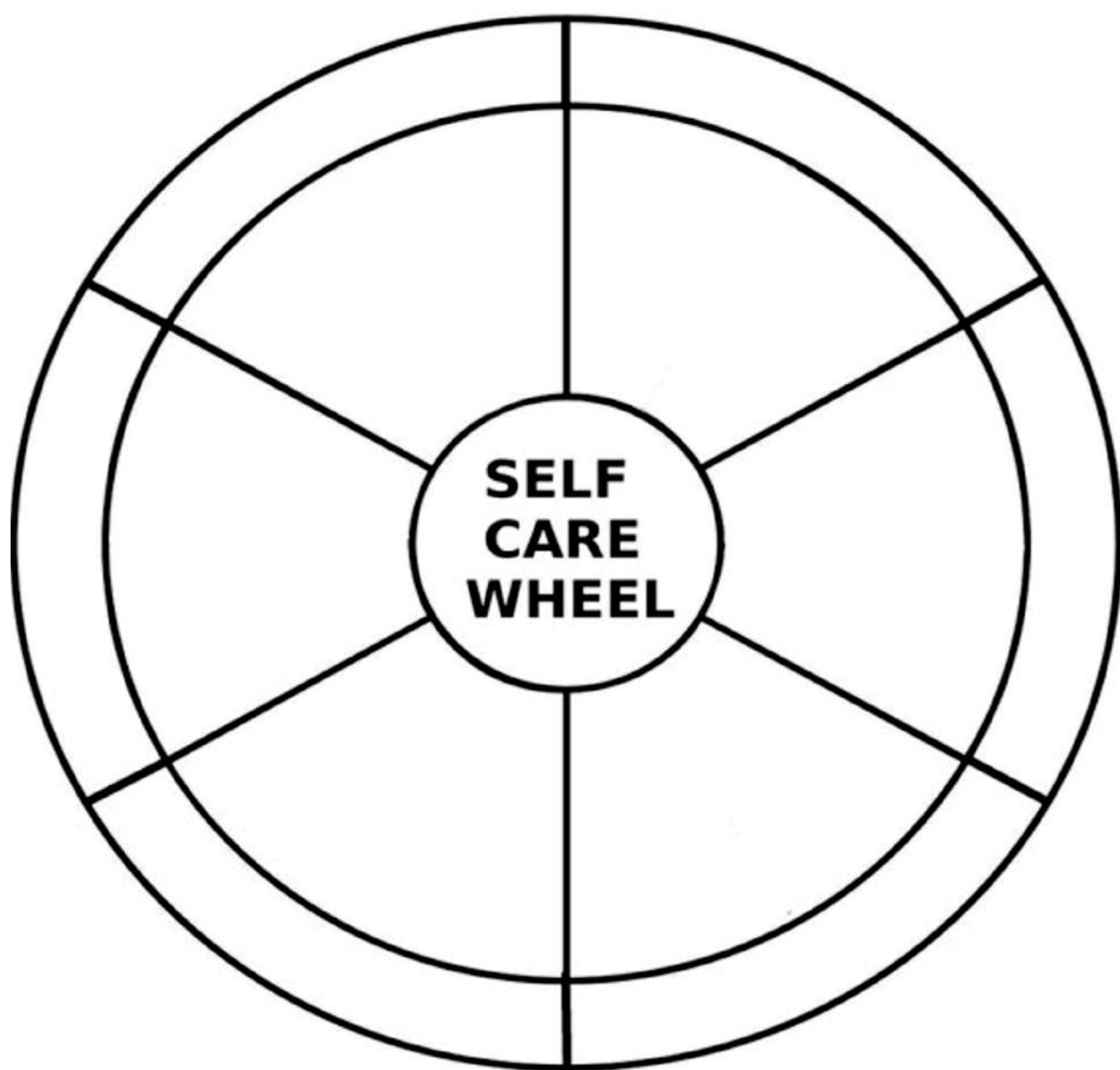
Module Six: Self-Care and You

If you are like many women, you may find it difficult to make time for self-care. The juggling act of family, community and work often leads to feelings of guilt when you desire time away from these areas of your life. Although guilt may set in when you decide to take time for yourself, self-care is essential to living a healthy and balanced life!

Therefore, take time and fill out the self-care wheel below. In each provided area, identify an area of wellness that you desire to improve. For example, if you want to improve on your social wellness, identify what action steps you can take to improve on your social wellness. This may include calling a friend with whom you haven't spoken to in a very long time or signing up for a women's networking group. There are no right or wrong answers. Just your answers!

Seven Dimensions of Wellness

- ❖ Physical Wellness
- ❖ Emotional Wellness
- ❖ Intellectual Wellness
- ❖ Social Wellness
- ❖ Spiritual Wellness
- ❖ Environmental Wellness
- ❖ Occupational Wellness



Identified Barrier: _____

Action Steps to Remove Barrier:

[illegible]

Identified Barrier: _____

Action Steps to Remove Barrier:

