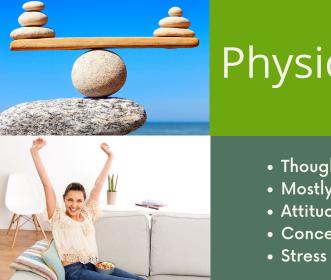
Your Self Care Areas to THRIVE! Which of the 5 W.H.O 'Domains' of health/life, needs your attention?



Emotional?



Spiritual?





• Diet

Physical? · Sleep · Exercise

- - Personal Hygeine



- Thoughts & Feelings
- Mostly Positive or Negative
- Attitude
- Concerns or Worries
- Express Gratitude
- Show Empathy, Compassion
- Feel Anger, Frustration
- Feel Happy, Peace
- Connections Self, Family Friends, Community - Sports • Events/Festivals/Meals
- Your go to place in nature
- Hobby/Interest
- Purpose Meaning
- Joy
- Humour
- Supportive friend
- Work/Business mentor
- EAP
- GP
- Coach/Counselor/Therapist/Psych

Mental?



Social





