

Your Self Care Areas to THRIVE!

Which of the 5 W.H.O 'Domains' of health/life, needs your attention?



Physical?

- Diet
- Sleep
- Exercise
- Personal Hygiene



- Thoughts & Feelings
- Mostly Positive or Negative
- Attitude
- Concerns or Worries
- Stress

Mental?

Emotional?

- Express Gratitude
- Show Empathy, Compassion
- Feel Anger, Frustration
- Feel Happy, Peace



- Connections - Self, Family
Friends, Community
- Sports
- Events/Festivals/Meals

Social

Spiritual?

- Your go to place in nature
- Hobby/Interest
- Purpose Meaning
- Joy
- Humour



- Supportive friend
- Work/Business mentor
- EAP
- GP
- Coach/Counselor/Therapist/Psych

Supports?



For Coaching and Training on this
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