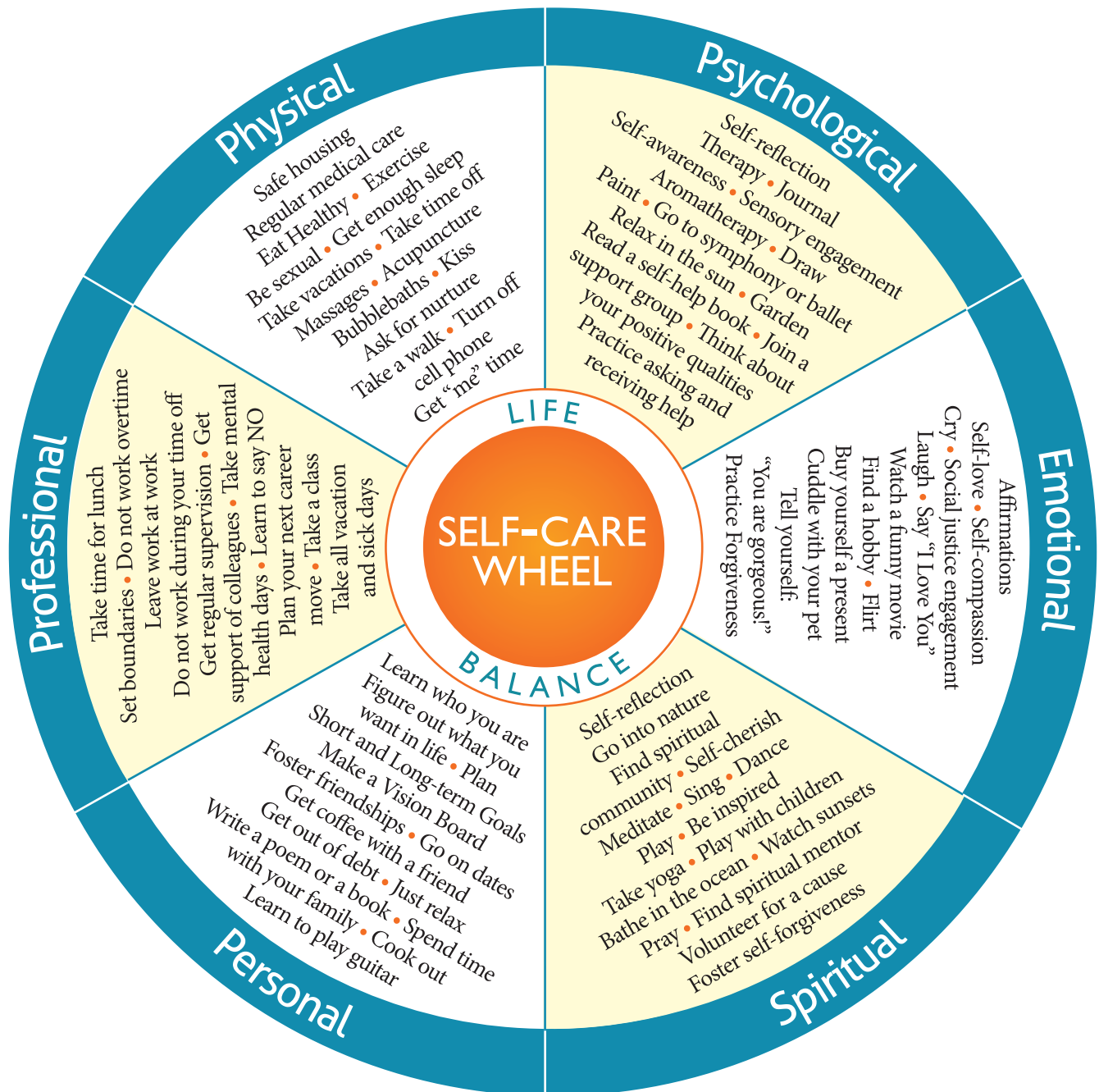


# SELF-CARE WHEEL

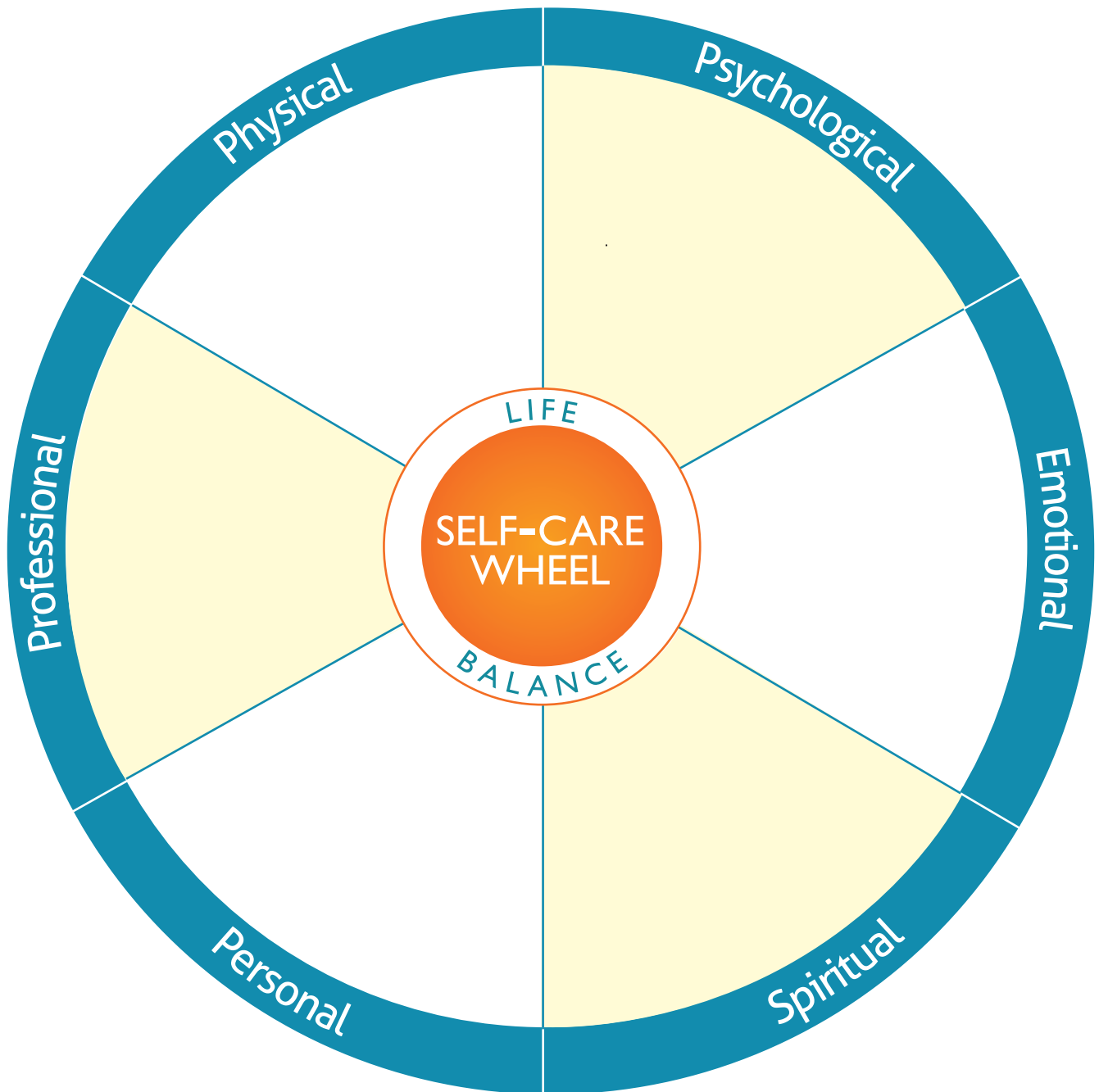


This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

[www.OlgaPhoenix.com](http://www.OlgaPhoenix.com)

# SELF-CARE WHEEL



Your self-care and life balance is vital for your health, productivity and happiness. Use this wheel to support you in creating a self-care plan that resonates with you. Whether your focus right now is on basic needs, deep desires or both remember that investing in your wellness is fundamental to becoming fulfilled and whole.