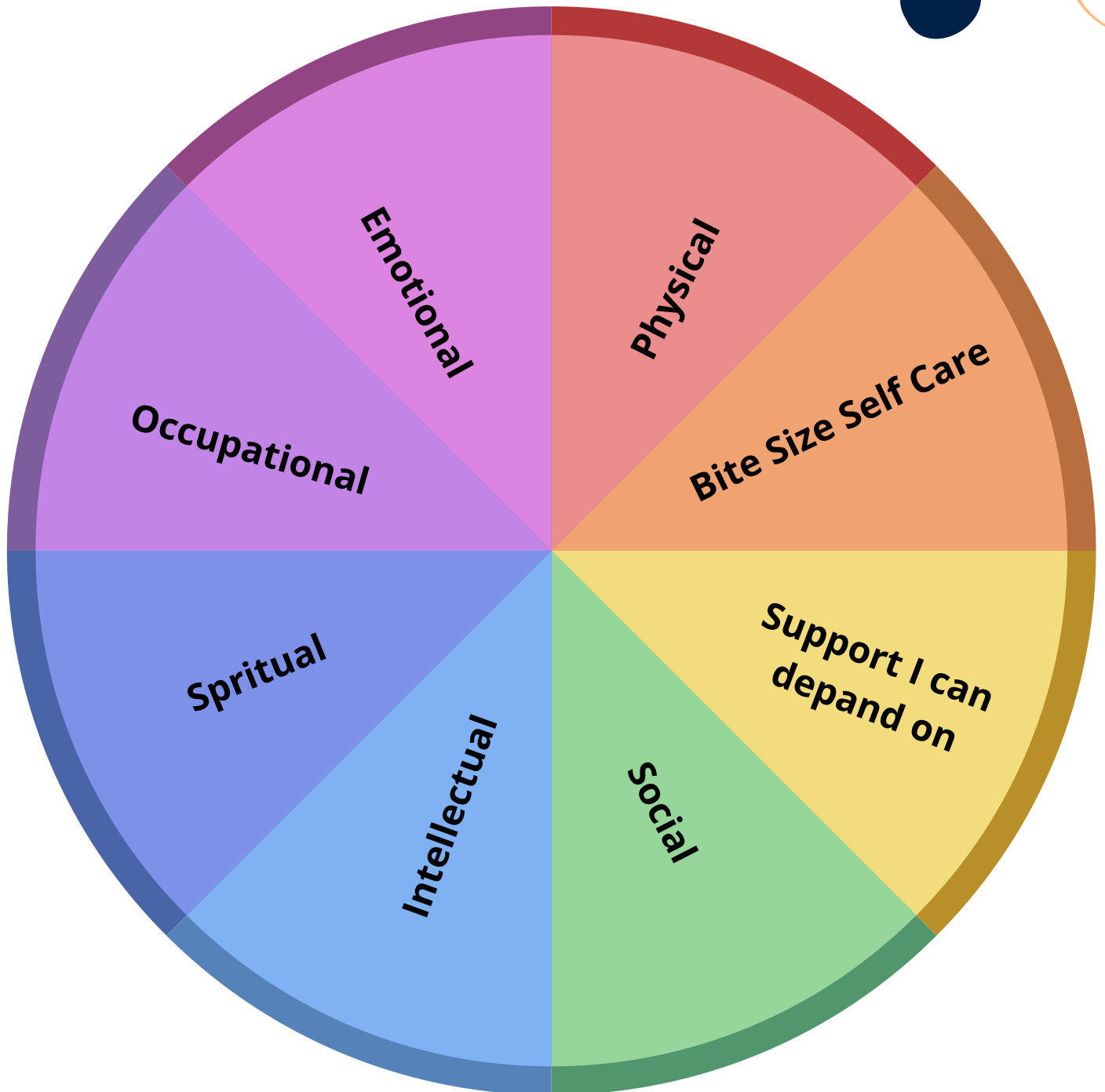


# Self-Care Wheel for Parents



*"Self-care is giving the world the best of you, instead of what's left of you"*

Katie Reed

# Self Care Wheel for Parents

Self-care for parents is not selfish, it's a necessity for sustaining the care for others. It can come in different forms and sizes. Use the following questions to guide the planning of your self-care.

1. Looking at the self-care wheel for parents, identify the areas of self-care that you value most. What do you need more of, what would you like less of?
2. Write self-care activities in each of the chosen areas
3. Which activities are bite-sized and which activities take more time?
4. Who or what can support you to make it possible for you to engage in a self-care activity?
5. Choose one or two activities that you can start putting into action and make a plan to do it!
6. Choose one or two activities that you can start to decrease or release and make a plan to do it!