



Self-Care Plus

Your brain is not broken. This is a regular human reaction to the modern world.

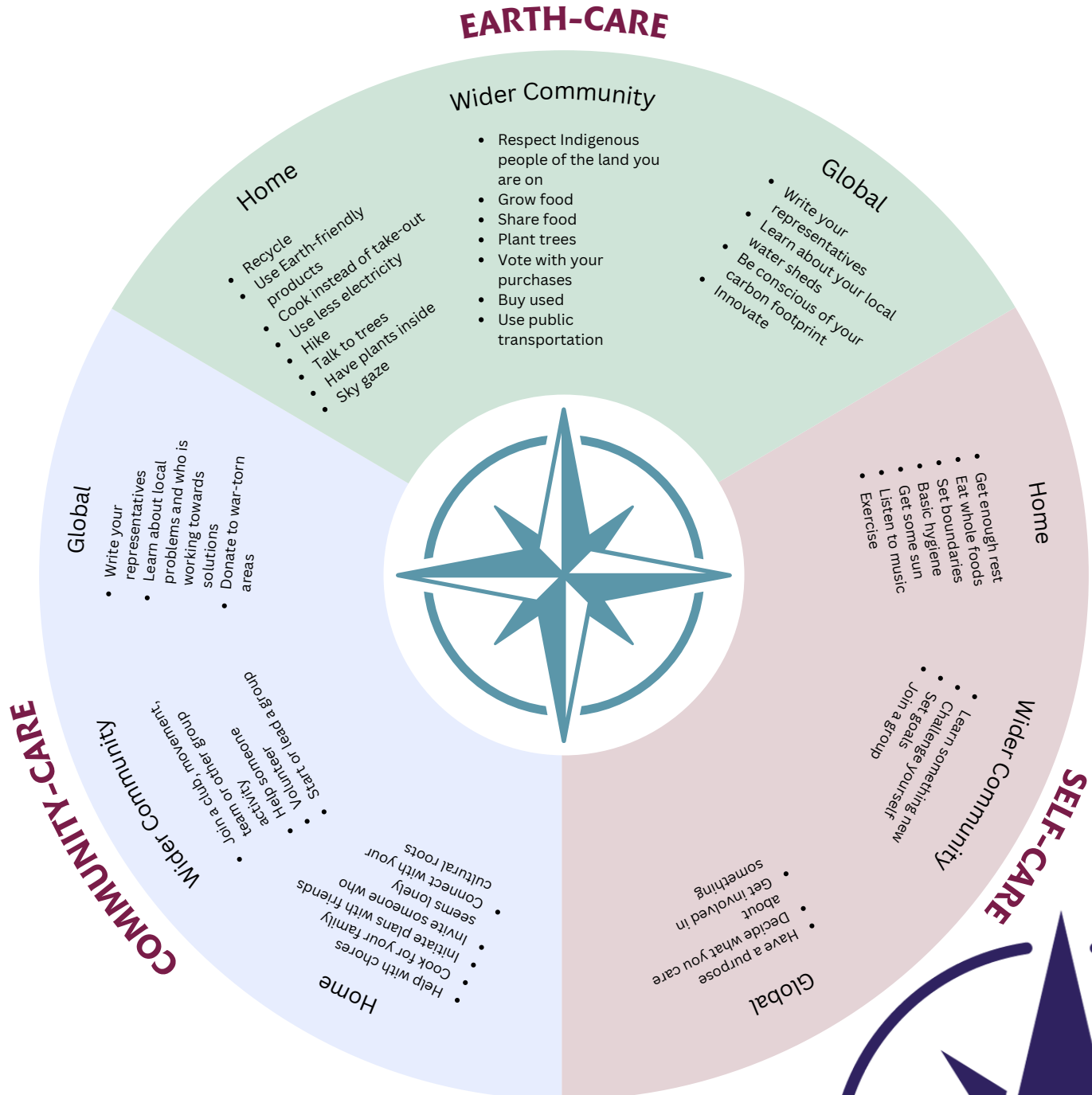
People need more than rigorous self-care routines to undo the emotional burnout rates present today. They need to participate in and receive self-care, earth-care and community-care.

★ **Self-care** is an activity that supports your physical, emotional, mental or spiritual well-being.

★ **Earth-care** is intentionally having a mutually beneficial relationship with the Earth.

★ **Community-care** nurtures your sense of belonging, social justice, and social being-ness.

Below are a few examples of each.





Wellness Wheel

Now it is your turn...

- Reflect and assess how engaged you are in each dimension on the wheel.
- Shade in, draw, or comment in each section expressing your participation in activities that are specific and meaningful to you.
- Include activities you plan to add into your routine.

