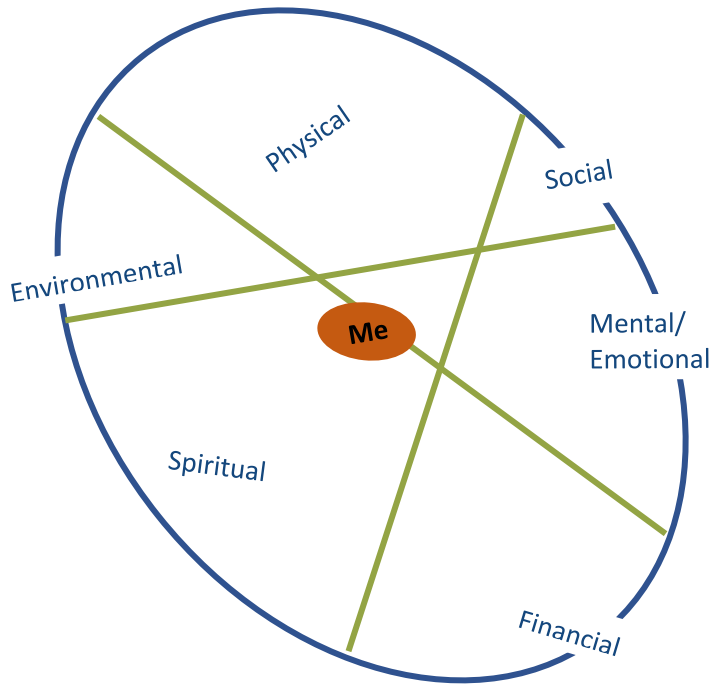


# How balanced is YOUR life at the moment?



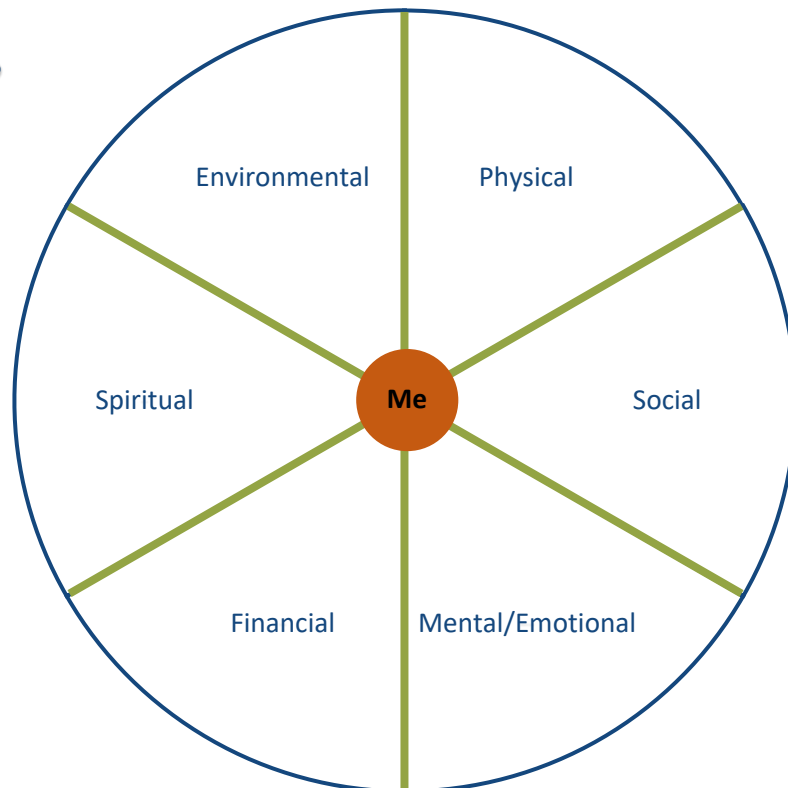
Taking care of yourself is essential in moments of great instability. The brief activity below can be used to highlight areas in your life that may be out of balance, while the questions may be used to assist in achieving greater balance in caring for yourself over this time.

Like this?



Or

Like this?



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## Planning my self-care...

Start by selecting **ONE** segment of the wheel that you want to balance.

Physical	Social	Mental/ Emotional	Financial	Spiritual	Environmental

What activity are you going to do?

When are you going to do it?

How often are you going to do it?

Who are you going to do it with?

How do you want to feel when you have done it?

Who are you going to ask to support you to do it?

Notes:

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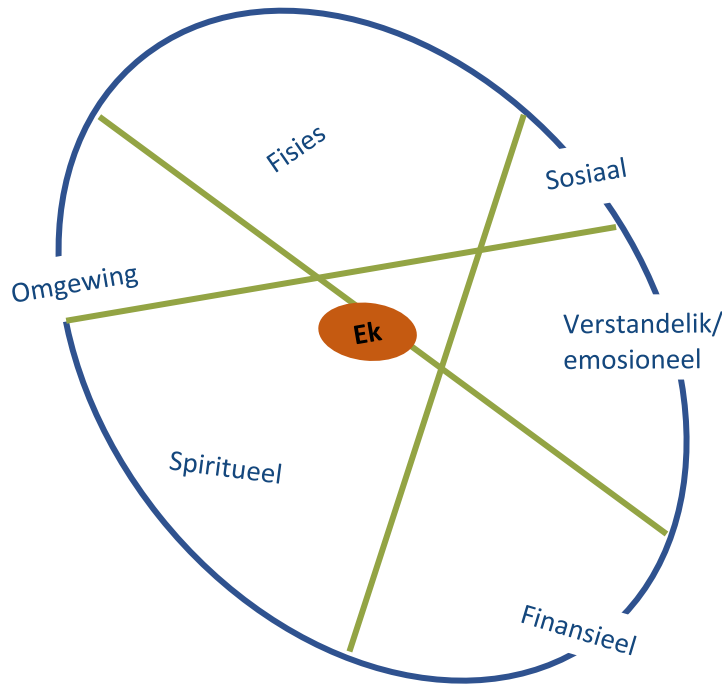
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# Hoe gebalanseerd is JOU lewe op die oomblik?

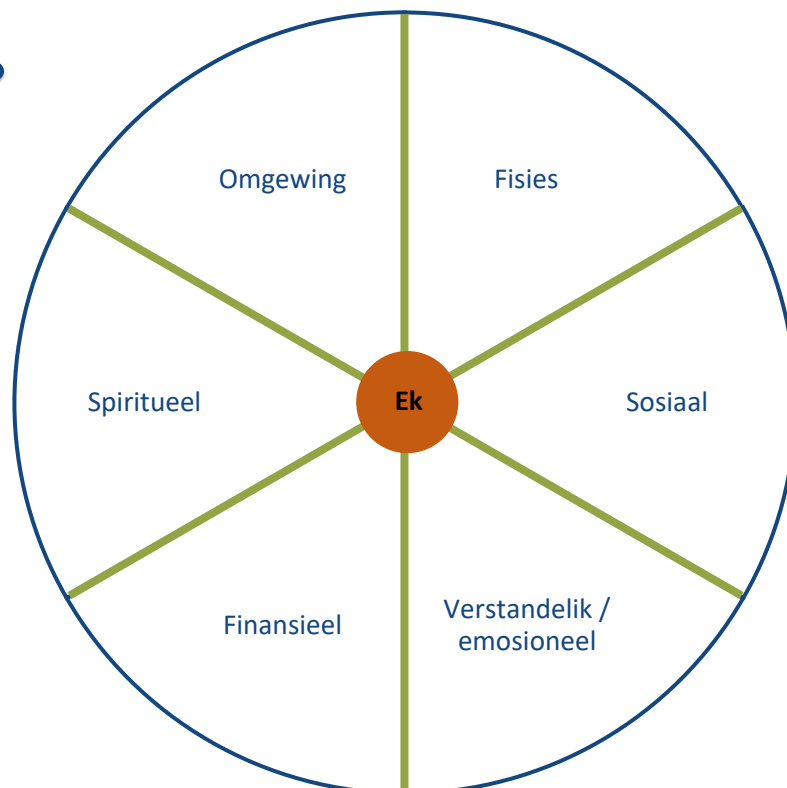
Om na jouself om te sien is noodsaaklik in van onstabiliteit en onsekerheid. Die aktiwiteit hieronder kan gebruik word om areas in jou lewe te identifiseer wat dalk uit balans is, terwyl die vroe gebruik kan word om te help om balans te kry om jouself om te sien gedurende hierdie tyd.

Soos die?



Of

Soos die?



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## Bepanning vir my selfversorging...

Begin deur **EEN** segment van die wiel te kies wat jy wil balanseer

Fisies	Sosiaal	Verstandelik / emosioneel	Finansieel	Spiritueel	Omgewing

Watter aktiwiteit gaan jy doen?

Wanneer gaan jy dit doen?

Hoe gereeld gaan jy dit doen?

Saam met wie gaan jy dit doen?

Hoe wil jy voel as jy dit klaar gedoen het?

Wie gaan jy vra om jou te ondersteun om dit te doen?

Notas: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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