



Wellness Wednesdays



In the Spotlight

As we shared in our Newsletter last week, our theme for this month is **Balance**. The balance that we have and maintain in our work and home life is essential to our personal well-being. There is not one singular or correct formula for attaining and maintaining balance in our lives. What works for one person may not work for another. You must decide what works best for you.

In keeping with our overall theme of self-care on Wellness Wednesdays, we want to spotlight an activity that will hopefully help you identify and balance your personal self-care routines. Please take a few moments today to reflect upon how balanced your life is. Are you addressing your self-care needs? Are there any changes you can make?

If you want to make a change we offer you to take the **SELF-CARE ASESMENT Quiz** (source: lifecarousel.com).

The quiz covers 6 different self-care topics:

- Physical
- Psychological
- Emotional
- Spiritual
- Relationship
- Workplace

You will be asked to identify different self-care routines that you do well and which you don't do at all or infrequently. The quiz will then total your scores in the different areas, so you will know exactly where you need to focus more time and energy to create more balance in your self-care routines.

After taking the quiz and getting your results you will be able to download a printable Self-Care Worksheet, where you can write out your current practice and describe new practices to help you find balance in your life.

Self-Care Worksheet	
FINDING BALANCE IN MY LIFE	
MIND	BODY
CURRENT PRACTICE	CURRENT PRACTICE
NEW PRACTICE	NEW PRACTICE
EMOTIONS	SPIRIT
CURRENT PRACTICE	CURRENT PRACTICE
NEW PRACTICE	NEW PRACTICE