

# Wellness Awareness – The Self Care Wheel

LIVING WELL – JULY 2024

**JRP**  
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## You can't pour from an *empty cup*

In today's fast-paced world, taking care of ourselves is often neglected due to our many responsibilities and obligations. However, self care is essential to maintaining optimal physical, emotional, and mental health. We have a tool that can help us with this, it is the self care wheel which acts as a guide to inspire us to evaluate and take care of six main areas in our lives.

The self care wheel emphasises the importance of attending to all six areas to maintain a balanced approach to holistic wellbeing.

**Physical Health** – this is your basic needs including a clean home, personal hygiene, good nutrition and hydration, exercise, sleep, digital detoxing and taking time for yourself to relax and recharge

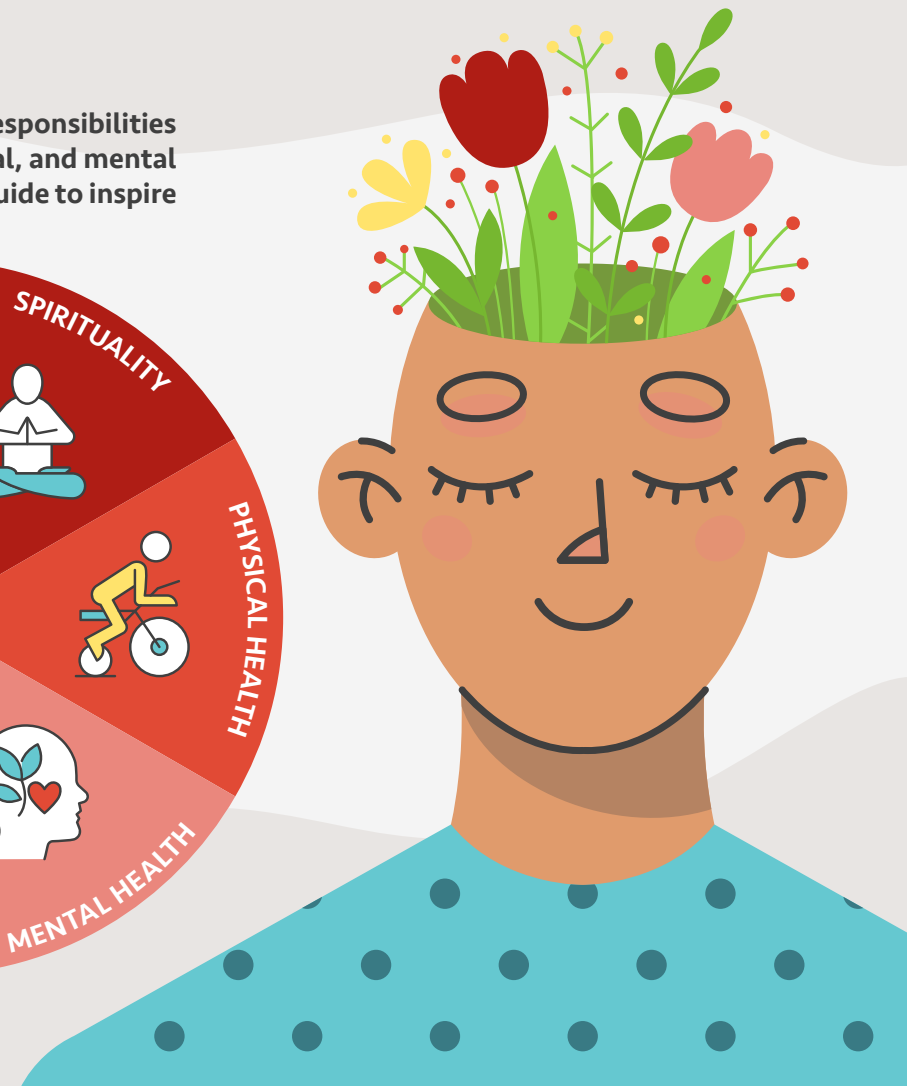
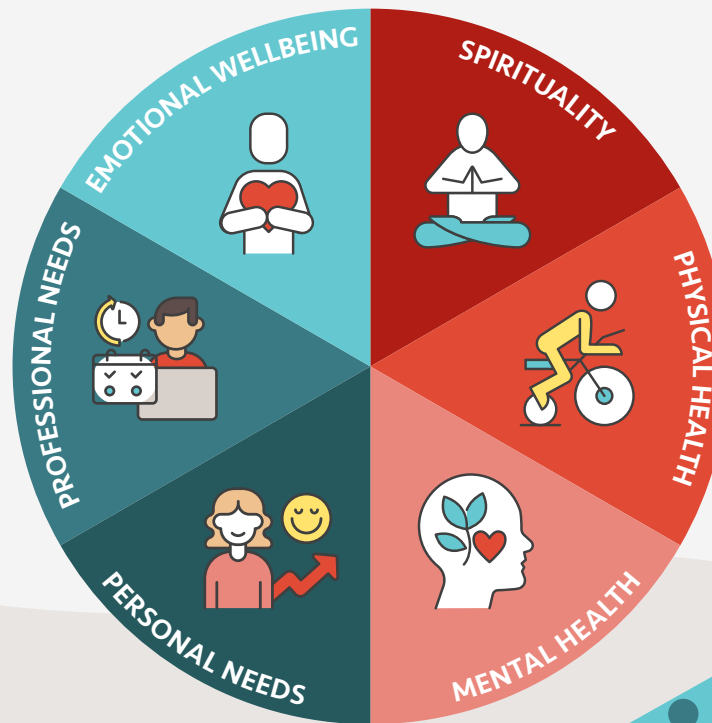
**Mental Health** – this includes finding ways to support your psychological needs and processing experiences on your own or through therapy, stimulating your senses to promote mindfulness and self-awareness through activities such as aromatherapy, music and simply feeling the sun on your skin

**Personal Needs** – this includes your short and long term goals, focusing on what makes you happy and what you want out of life

**Professional Needs** – this includes setting boundaries, taking regular breaks along with determining areas of personal growth you wish to achieve through experience or education

**Emotional Wellbeing** – this focuses on self love and self compassion, positive affirmations, working through and accepting how you feel

**Spirituality** – this area is about connecting with something more than yourself and having a purpose in life, and can include praying, practicing gratitude, meditation, spending time in nature in a way that is consistent with your morals and principles



To get started on your self care journey, consider each section of the wheel, where you are now and what you could add to your self care routine to create a more balanced life. By incorporating all areas of the self care wheel into your daily routine, you will improve your physical, emotional and mental wellness, enhance relationships, productivity and optimism. **Self care is a personal journey, embrace it to find balance and to be the best version of yourself!**

*Your Benefits. Your Way.®*

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