

Wellness Wheel for Self-Care

Strategies for Frontline School Staff

Self-care is crucial for those directly serving our communities.

It is important to include healthy practices and activities in our daily schedules to support our physical health, build positive relationships and cope with stress.

The Wellness Wheel provides ideas and action steps for self-care that address five key areas of our overall well-being.

Which aspect of self-care can you work on today?

Promoting your physical health.



- Eat foods that support your health, such as fruits, vegetables and whole grains.
- Engage in 30 minutes of movement each day.
- Try a quick meditation before bed to help you sleep better.
- Practice proper hygiene to protect yourself and others from illness.

Maintaining quality connections with others.



- Call or video chat with a friend.
- Send a postcard or letter to a loved one.
- Watch a movie with friends or loved ones virtually.

Securing your finances.



Try these cost-saving strategies while planning meals at home.

- Cook meals at home instead of ordering out when possible.
- Use a journal to achieve short-term and long-term spending goals.



Spending time in a way that reflects your personal values.



- Create a gratitude journal and write one thing you are grateful for each day.
- Share ideas and feedback with colleagues to foster positive work culture.
- Spend time doing something you enjoy, such as crafting or learning a new skill.

Feeling a sense of belonging and pride.



- Try bonding activities like playing games or creating art with others.
- Remind yourself and your colleagues of the importance of the work you do daily.
- Engage with the communities you serve by making personal connections whenever possible.

Quick tip:

A success buddy can help you stay accountable. Who will be your success buddy?