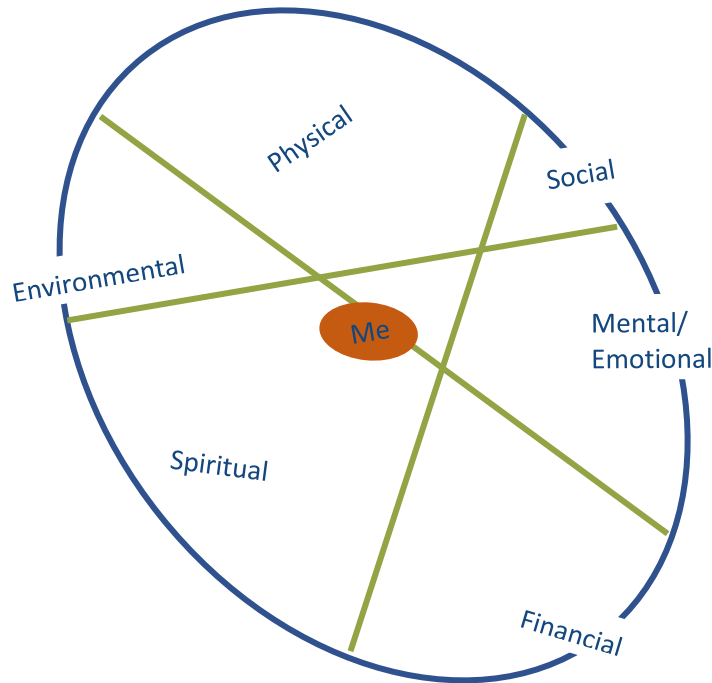


# How balanced is YOUR life at the moment?

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?



South Africa - HIV

**ATTC**

Addiction Technology Transfer Center Network  
Funded by the President's Emergency Plan for AIDS Relief through the Substance Abuse and Mental Health Services Administration



For assistance or more information contact SADAG (<http://www.sadag.org/>) or The South Africa HIV ATTC (<https://attcnetwork.org/centers/south-africa-hiv-attc/home>; Email: [sahivattc@uct.ac.za](mailto:sahivattc@uct.ac.za))

With support from the U.S. President's Emergency Plan for AIDS Relief, through the Substance Abuse and Mental Health Services Administration



## 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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