

CIRCLE OF CARE

This resource is all about exploring what helps you to experience wellbeing.

It involves **three simple steps**, which could be completed in about **15 minutes**

This resource could be useful if you want to:

- understand what helps keep you happy and healthy
- explore how to move from 'self care' towards a more communal approach to wellbeing
- create routines for promoting wellbeing in your life

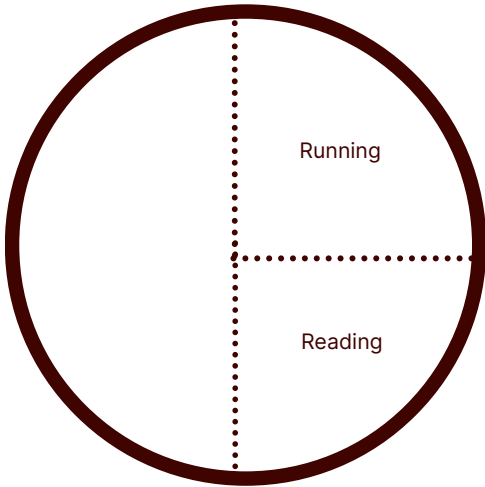
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1.

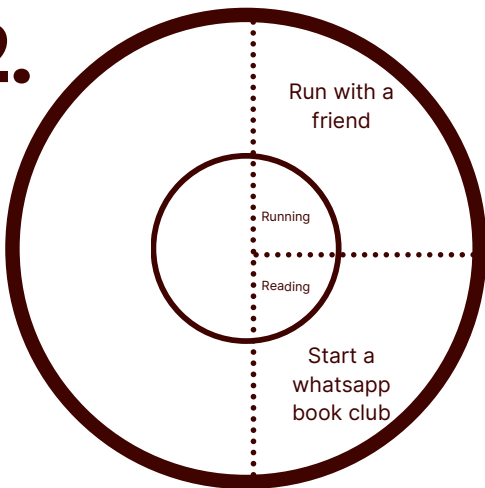


We all have things we do which help us stay happy and healthy...

1a) Divide a circle into as many segments as you need.

1b) Write an activity which you do to nourish yourself, one per segment.

2.

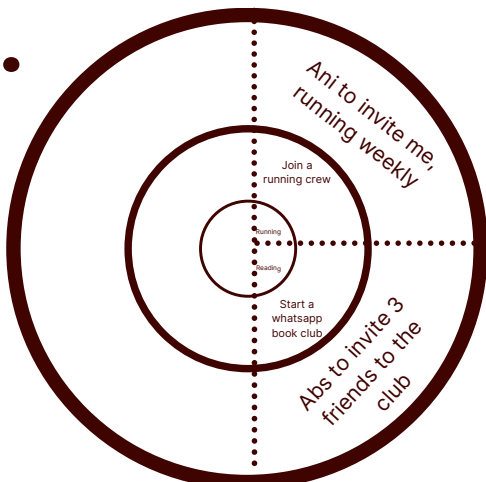


When we are tired or down, we might need a bit of help from people around us...

2a) Consider which activities other people could help you with.

2b) Draw a second, larger circle and label the segments with how other people could get involved.

3.



Routines which involve other people are more durable and they make care a collective effort...

3a) Draw a final layer.

3b) Name a specific person and write what you could ask them,



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