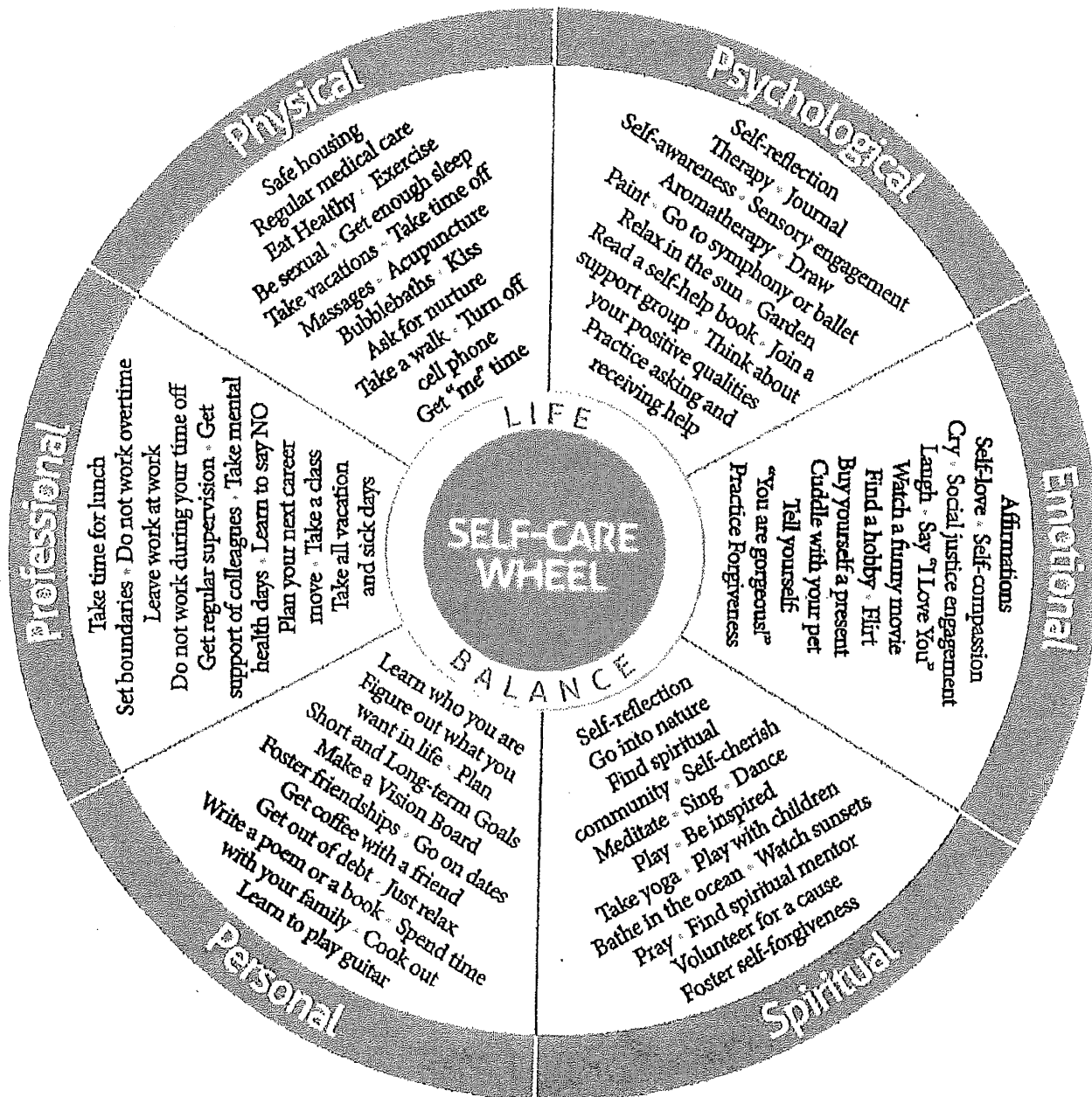


Self-Care Wheel



This Self Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013), www.olgaphoenix.com. Adapted for accessibility, Boise State University, eCampus Center 2016.