

SELF CARE MEDICINE WHEEL

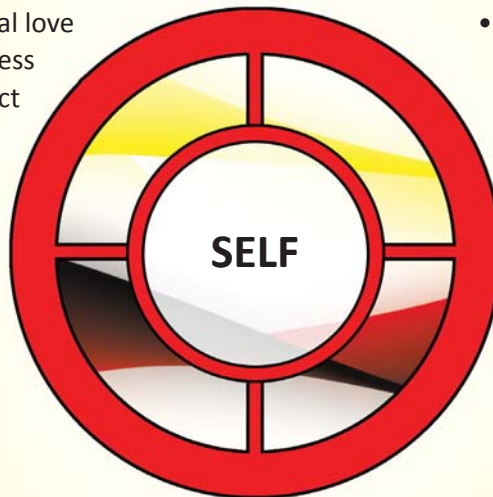
Lillian Bigstone, Eagle Feather Worker

SPIRITUAL

- Connect with Nature
 - Meditate, Pray
 - Learn from an Elder
- A end Sweat/Night Lodge
 - Go on a Fast Retreat
- Have quiet time, solitude
- Practice unconditional love
 - Practice forgiveness
 - Go within, reflect

MENTAL

- Say affirmations to myself
- Read a book or newspaper
- Examine self and life limiting thoughts and beliefs
 - List my needs and wants
- Make realistic goals for self
 - Listen to relaxing music
 - Contemplate



PHYSICAL

- Go for a walk, ride a bike
- Exercise in gym, sing or dance
- Sit in the sun, shade or by a lake
 - Go for a drive on bush roads
 - Be out in nature and observe
- Fast or eat totally healthy for one day

EMOTIONAL

- Share feelings, feel
 - Hug, cry, or smile
- Send peace and good thoughts to others
 - Affirm self daily
- Be gentle with self and others

Life is only as hard as we make it!