

# TAKING CARE of OURSELVES in each ROLE

**ROLES:**

**LEVELS:**

Actions/In the World

Body/Physical

Feeling/emotional

Thinking/cognitive

Spiritual"meaning"

	SELF	WORK	SPOUSE/PARTNER	PARENT/CARER
Actions/In the World				
Body/Physical				
Feeling/emotional				
Thinking/cognitive				
Spiritual"meaning"				