

ALIVE IN DEATH

**Death, Dying, Grief and Self-Care Training for
Healthcare Providers**

**Copyright©2016 Alive In Death. (Nicole Koch and Stephen Garrett)
All rights reserved.**

aliveindeath.ca



MODULE 1

SELF CARE AND PERSONAL GRIEF

ALIVE IN DEATH

LIFE BALANCE WHEEL

This life balance tool is designed to assess life balance. Each segment represents an area of your life that can be scaled and explored in a visual way. Furthermore it can help you stay on track with new habits and actions and be an accountability tool for self-care.

AREAS

FAMILY

TRAVEL

EDUCATION

FRIENDS

CAREER

FINANCES

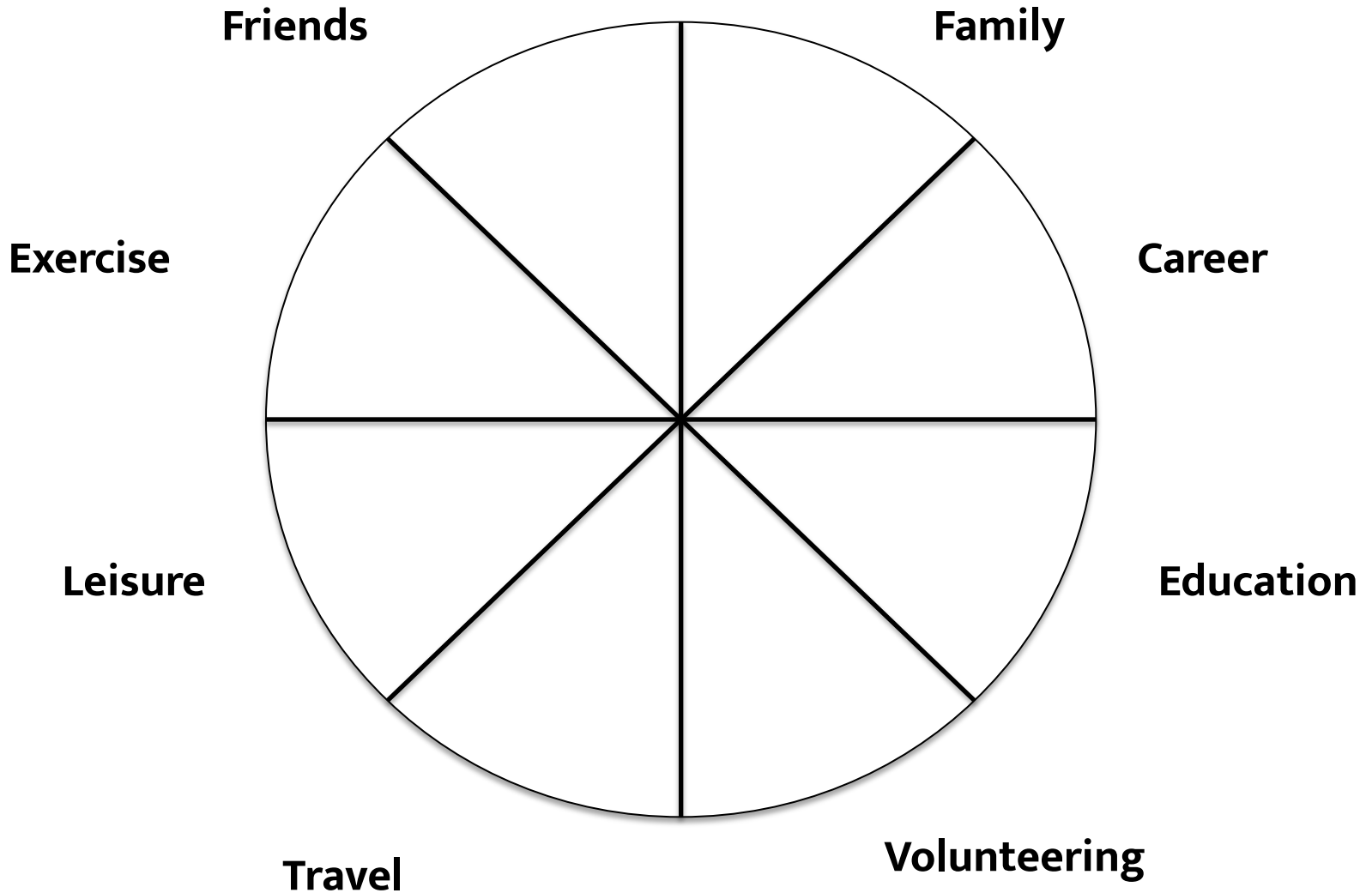
ENVIRONMENT

HEALTH

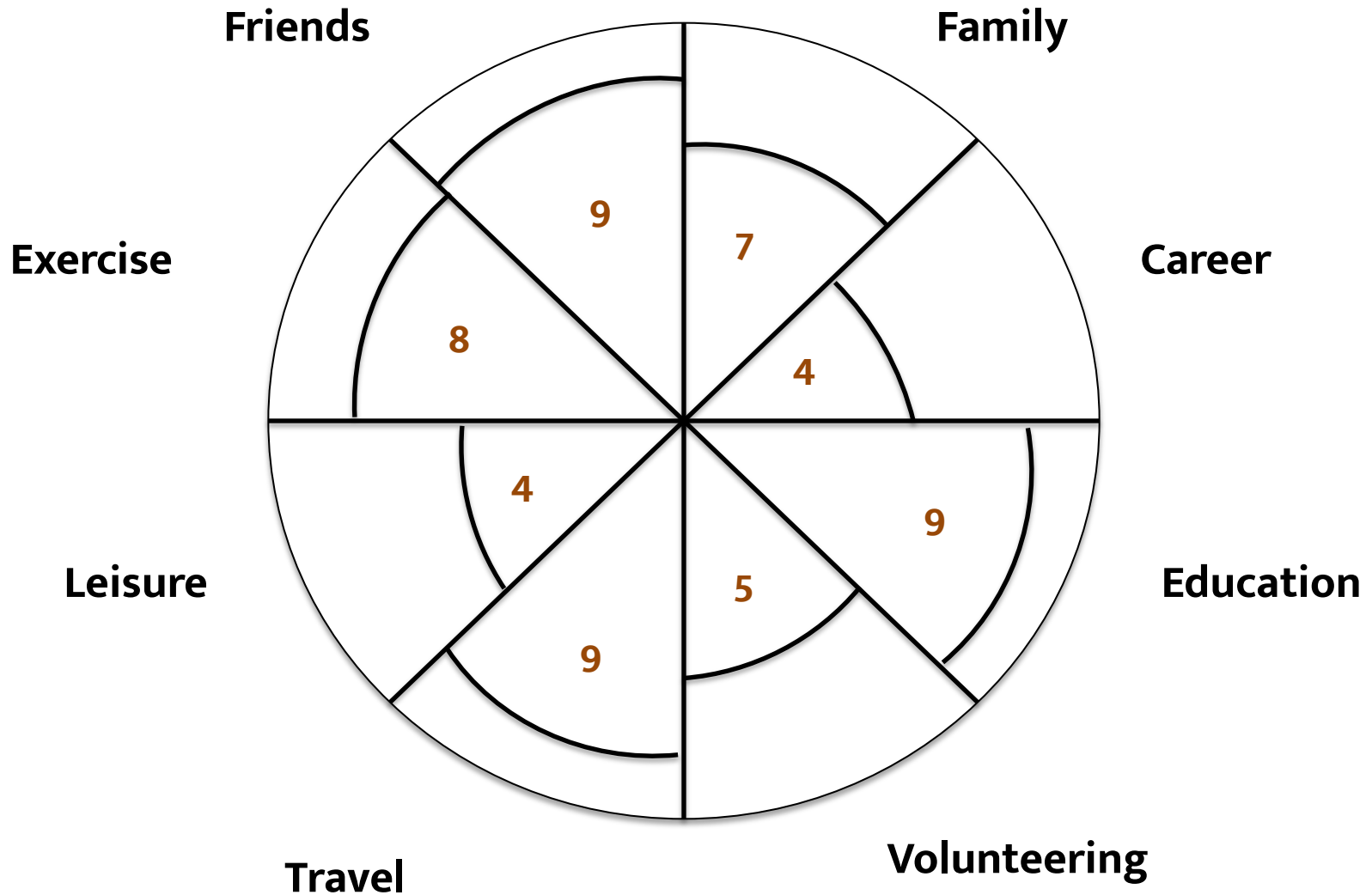
VOLUNTEERING

LEISURE

LIFE BALANCE WHEEL



LIFE BALANCE WHEEL



Steps

- 1. Draw a wheel and divide it into 8 areas.**
- 2. Label each segment with an area of life balance.**
- 3. Scale each area by asking the question
On a scale of 1-10 how satisfied or balanced do I feel
in this area of life?**
- 4. Notice which areas are highest and which are
lowest.**
- 5. How could you increase the scale in one chosen
area? What action step could you take to improve
one area?**

ALIVE IN DEATH

THIS MATERIAL IS PART OF THE ONLINE TRAINING PROGRAM ALIVE IN DEATH. FOR THE FULL PROGRAM VISIT [HTTP://ALIVEINDEATH.CA](http://ALIVEINDEATH.CA).