



# My Balance Wheel

Name: \_\_\_\_\_ Date \_\_\_\_\_

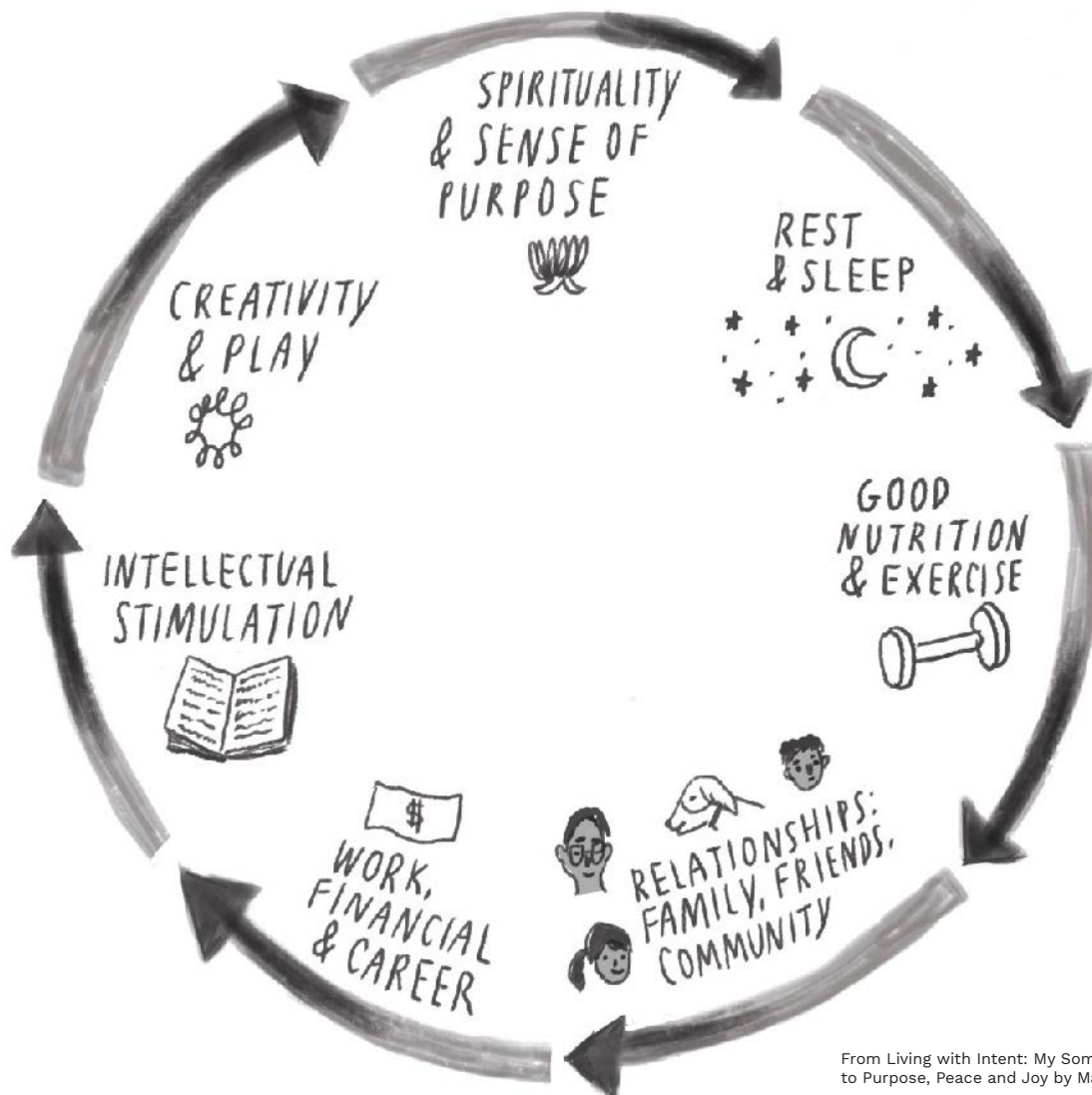
Advisory: \_\_\_\_\_

## Write your level of being for each section

1-3: Suffering

4-6: Surviving

7-10: Thriving





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Advisory: \_\_\_\_\_

## Reflection

When you are experiencing burnout, or you are overwhelmed, what happens within your body and brain?

What are some healthy things that you do to relieve stress?

Who are some people you can turn to for support when you are stressed or overwhelmed?

What are some helpful reminders that you can give yourself for maintaining your balance?