

The Balance Map

SELF-REFLECTION ACTIVITY

The Balance Map can be a helpful tool to reflect on what strategies or resources are most important for you to stay well and to be the best version of yourself. The following example balance map has already been completed to give you an example of what elements to consider.

Simplifying	Physical Health	Stress Relief
Understanding how I react to change	Social & emotional supports	Stimulating and engaging work & hobbies
“Trauma Stewardship”	Managing occupational stress & resentment	Giving back
