



# WHAT'S ON YOUR PLATE?

## MATERIALS:

- White paper plates
- Coloured markers

## INSTRUCTIONS:

1. Have participants write down “what is on their plate” this week, on the paper plates provided
2. Give them approximately five minutes to complete
3. Open up for group discussion to ask what surprised them when filling out their plate (if anything), or share something that is important to them that they have identified on their plate

## DISCUSSION:

As we saw from our “full plates,” we all live fast-paced, busy and stressful lives. When we don’t take care of ourselves, it makes it very difficult to do our daily activities well. It’s important to take time for ourselves to be able to do our best in all areas of our lives. Self-care is the intentional act of taking care of yourself (physical, mental, emotional, financial, spiritual, etc.). Establishing self-care habits is an important part of living a healthy and happy life. Self-care activities are based on personal preference, so it's important to consider what works for you.

## *Consider...*

- Dimensions of wellness are connected and impact our overall well-being.
- We all have many things going on—we have jobs, volunteer and support our families in different capacities. Finding time to do activities that we enjoy is an important aspect of self-care.
- Be aware of things you may be doing that take up a lot of your time but don’t support your self-care.