

Self-Care HIERARCHY



It is important to be well-aware of what you need to be able to maintain self-care, and to understand a hierarchy in which the needs should be managed.

Follow these steps to complete your self-care hierarchy:

1. Record your most basic need at the base of the pyramid.

What do you need MOST to feel your best and function throughout a typical day? (nutritious breakfast, hours of sleep, minutes of exercise, a plan, time with family, etc.).

2. In the center of the pyramid, record your other wellness needs

(spiritual, mental, emotional, creativity, social, physical, financial, medical, etc).

3. On the top, record the issues that need to be managed, resolved, or addressed

to improve your quality of life (physical health, time management, financial, rest, hobbies, relationships, etc.)

Fill in your top self-care needs.

- 1: _____
- 2: _____
- 3: _____
- 4: _____



Supportive people in my life: _____

<https://www.psychpoint.com/mental-health/worksheets/my-needs-pyramid/>

<http://socialworktech.com/2011/05/25/making-a-self-care-plan/>

<https://practicebalance.com/about/>

Submit your skill builder to nmpsia.wellness@phs.org by January 10 !

Name: _____

Email: _____

