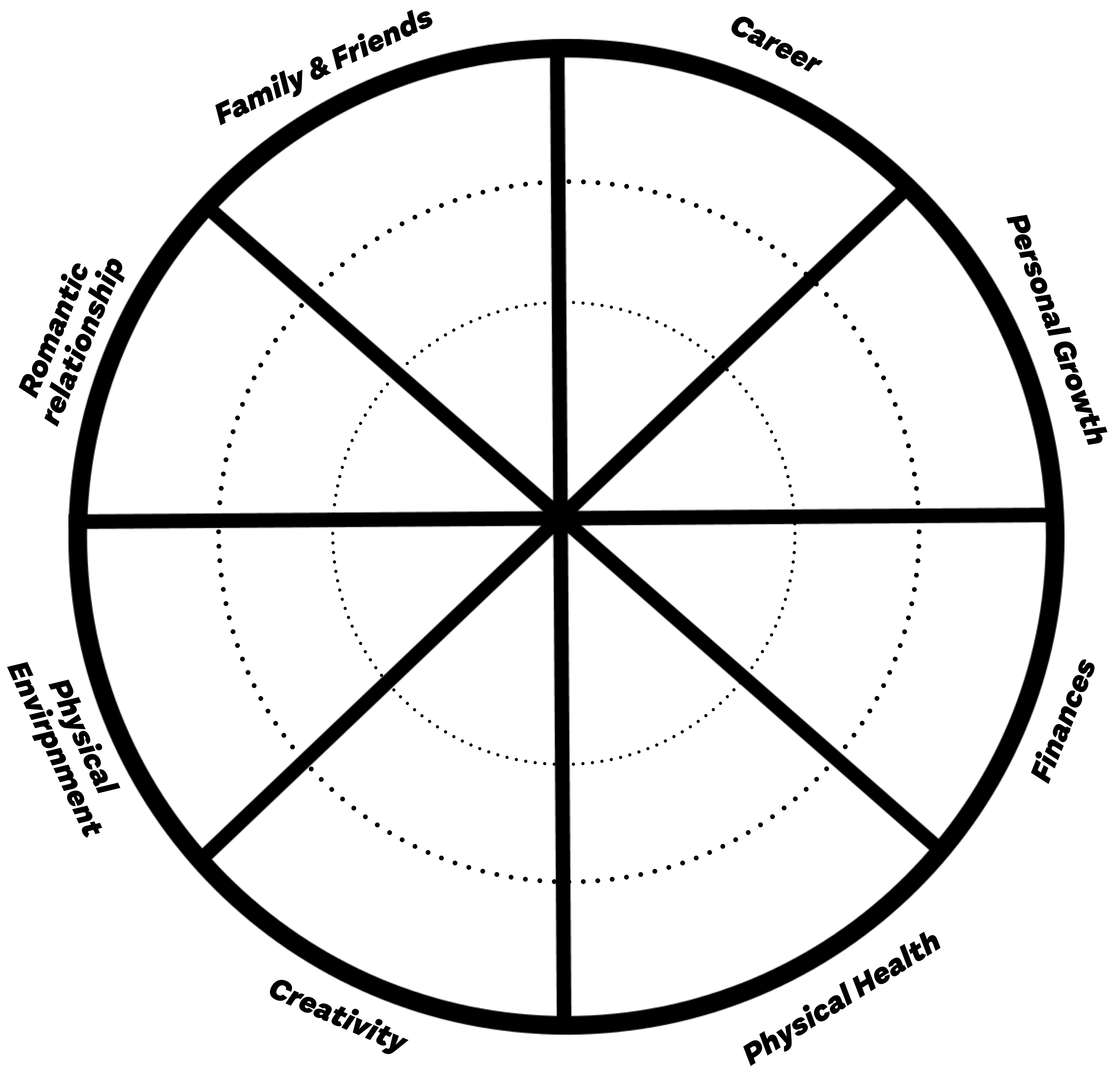


Life Balance Wheel

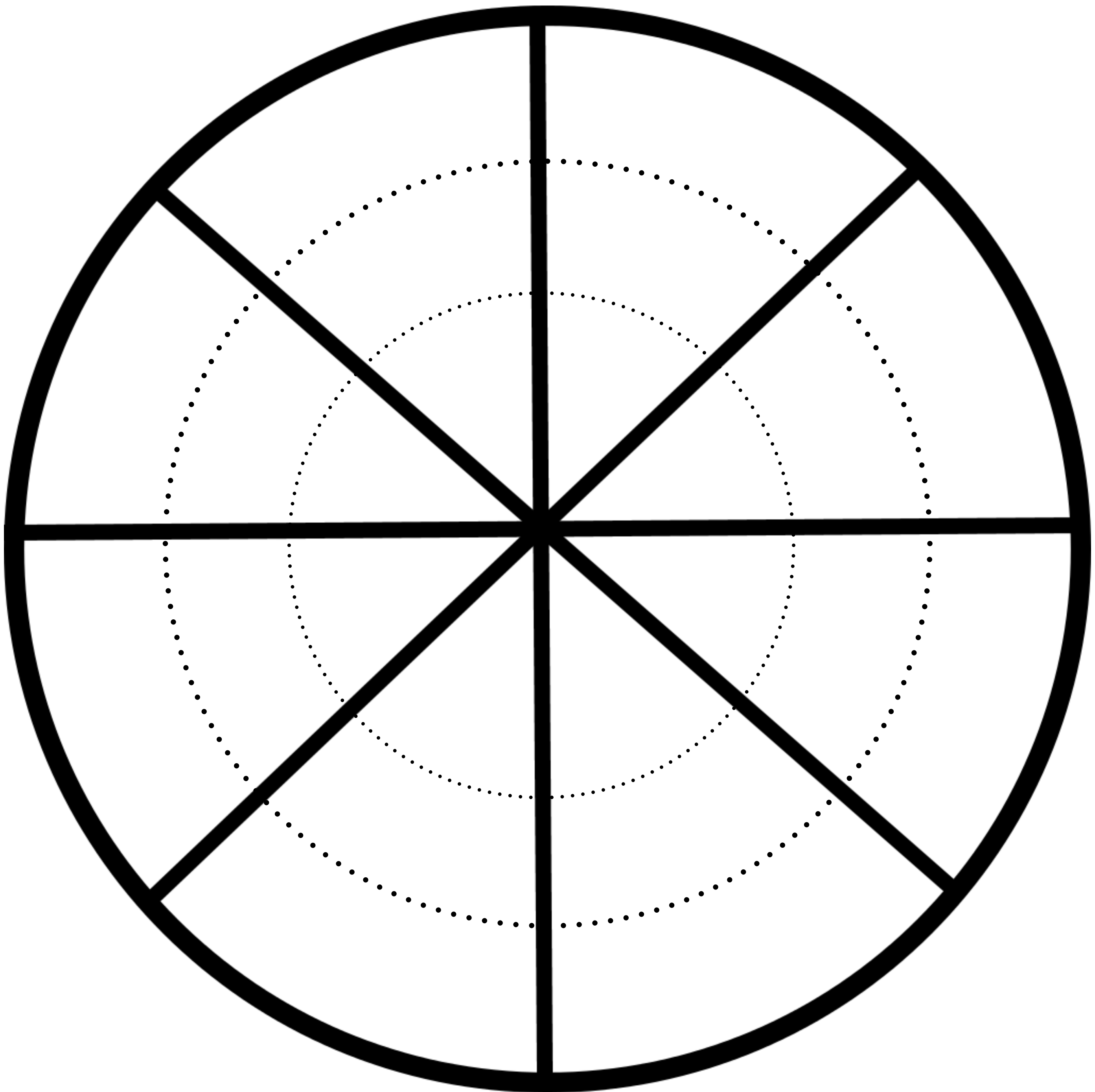
Use each ring as guide to measure your level of fulfillment in each area. The smallest ring = low, the middle ring = average, and the largest ring = high



Listen to our [Stress episode \(#12\) on the Teach Me How To Adult Podcast](#) with therapist [Megan Rafuse](#) for more tips on how you can manage your stress & worry less!

Life Balance Wheel

Create your own wheel using elements of your life that matter most to you. The smallest ring = low, the middle ring = average, and the largest ring = high



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Emotional Bank Account

Make a list of 10 nourishing things that count as deposits to your emotional bank account. Place a value between 1-10 beside each one, based on how fulfilling the activity is. (1 = the least nourishing - i.e. Netflix, 10 = the most nourishing, i.e. a massage).

Deposit:	Value:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

This exercise will help you identify what's in your mental toolbox that you can draw from. When you're feeling stressed or worn down, refer back to this list and ask yourself, "What have I done recently to put money back into my emotional bank account?" Then, pick something that nourishes you. Small deposits are better than none!



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