## A Model of INTEGRATED SELF CARE matteo undici 2020

BALANCING

Physical, biologic, & environmental needs:

Routines, rituals, & resources

Eat, sleep, move, breathe, time, space, nature

**EMBRACING** 

Self-awareness & knowledge:

Skills, values, & beliefs

Thoughts, feelings, attitudes, actions, habits

INTEGRATED

**SELF CARE** 

& COLLECTIVE

WELLNESS

**ENGAGING** 

Intellectual & creative expression:

Curiosity, meaning, & fun

Read, write, draw, sing, dance, play, inspire

WEAVING

**Connection with community:** 

Belonging, sharing, & supporting

Listen, discuss, lead, give, receive, evolve