

The Vitality Wheel Approach to Self-Care

Psychologist Suzy Reading

Inspirational posts + wellness videos

@suzyreading

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Suzy Reading's Vitality Wheel

Approach to Self-Care

Sleep, Rest, Relaxation + Breathing. Soothe your nervous system through rest and breath work.

Movement + Nutrition. Nourish and move for physical and mental health.

Coping Skills. Specific tools to keep your thinking realistic and helpful.

Your Physical Environment. Inviting and pleasant home and work spaces, and harnessing the power of nature.

Social Connections. Investing in the relationships that nourish you, and boost your sense of belonging and connection.

Mood Boosters. Activities and practices that feed your soul.

Goal-Setting + Accomplishment. Create meaningful goals and celebrate your wins (big and small!).

Values + Purpose. Living in alignment with what matters to you and increasing your self-knowledge.

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Coping Skills

Movement +
Nutrition

Sleep, Rest,
Relaxation +
Breathing

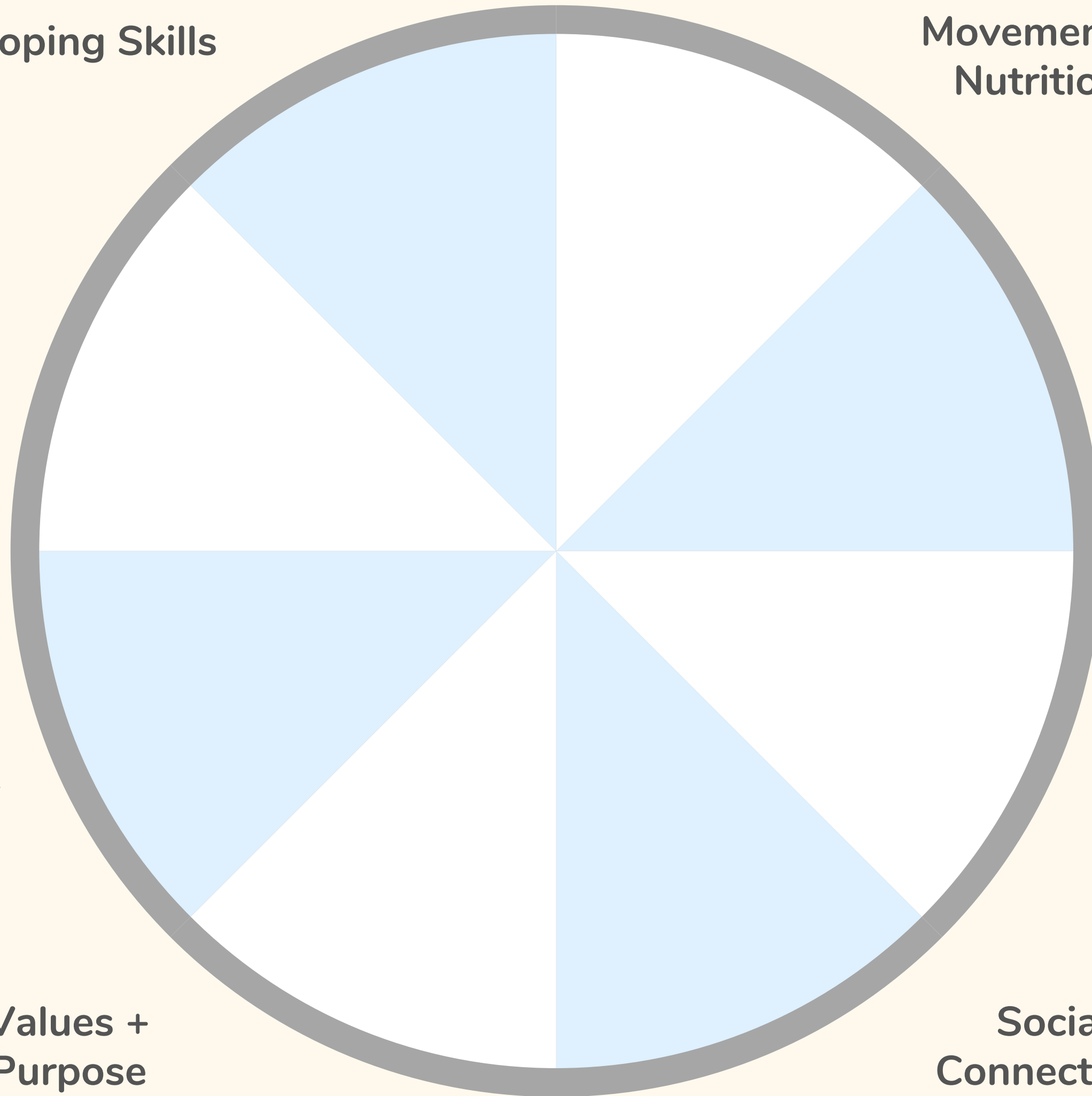
Physical
Environment

Mood
Boosters

Goals +
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Social
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Values +
Purpose

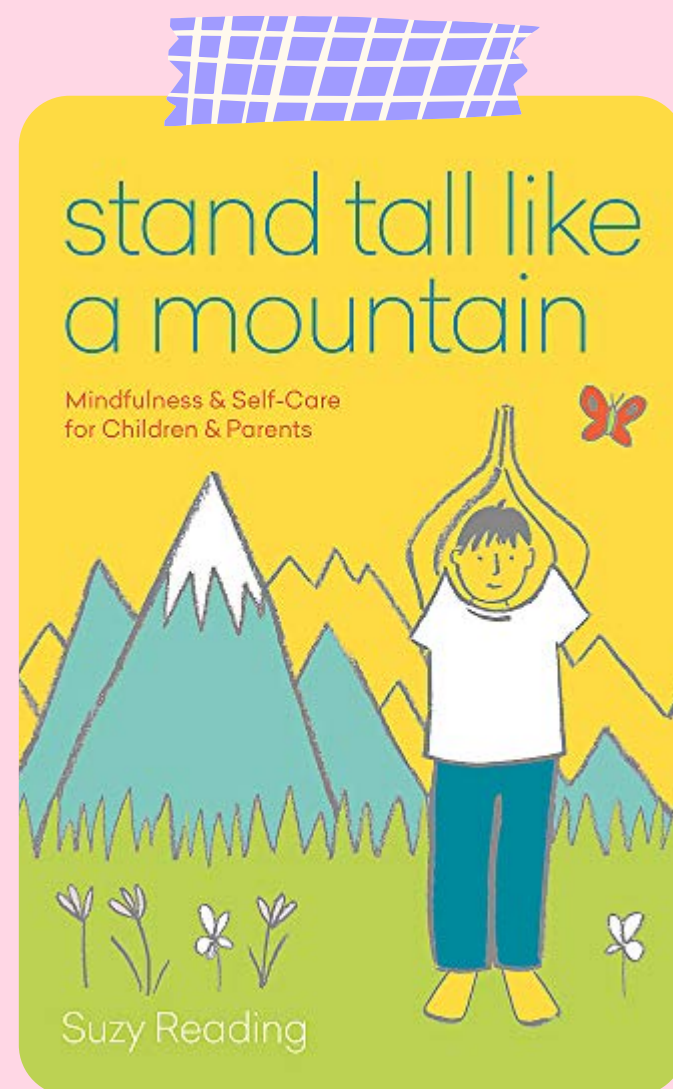




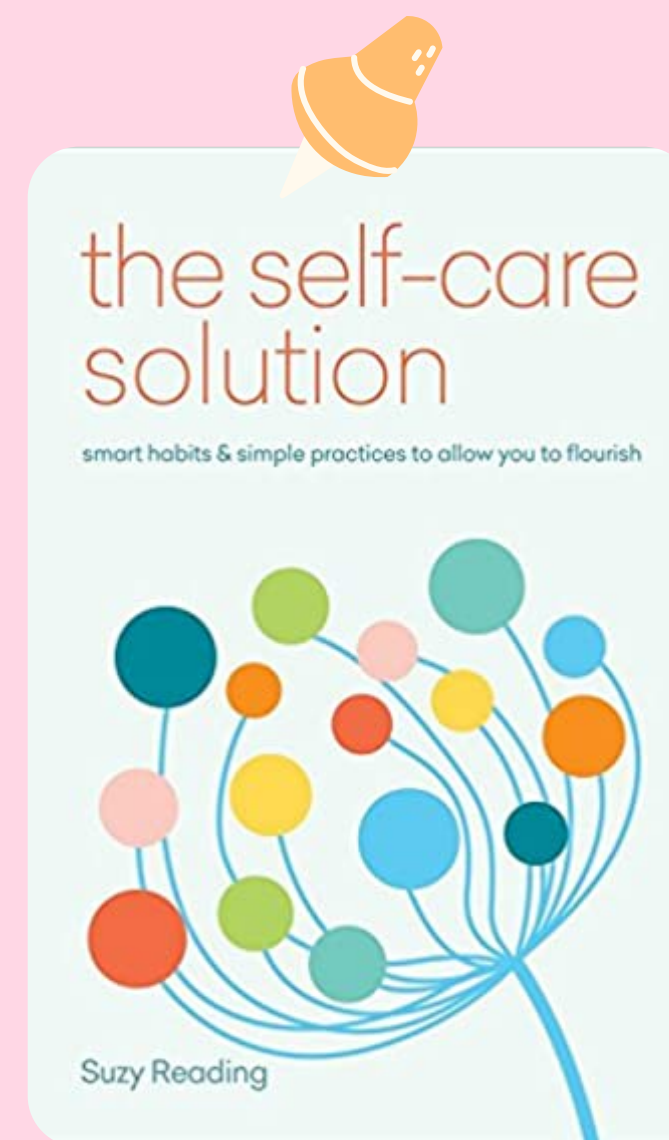
Suzy Reading's Books



Self-Care for Tough Times



Stand Tall Like a Mountain
(family wellness)



The Self-Care Solution



The Little Book of Self-Care