

Mental Health Balance Pie Chart



Instructions:

1. Think about the different areas of your mental health and well-being.
2. Divide the pie chart into sections representing aspects of your mental health (examples below).
3. Shade or label the sections to show how much energy, time, or attention you currently devote to each.
4. Reflect on what areas need more balance and write down small changes you can make.

Suggested Categories for the Pie Chart:

- Emotional Well-being
- Physical Health
- Social Connections
- Stress Management
- Self-Care
- Work/Life Balance
- Personal Growth
- Fun & Leisure

Reflection Questions (answer on the back):

1. Which area of your mental health is thriving?
2. Which area needs more attention?
3. What small change can you make this week to bring more balance?
4. How do you feel after completing this exercise?

