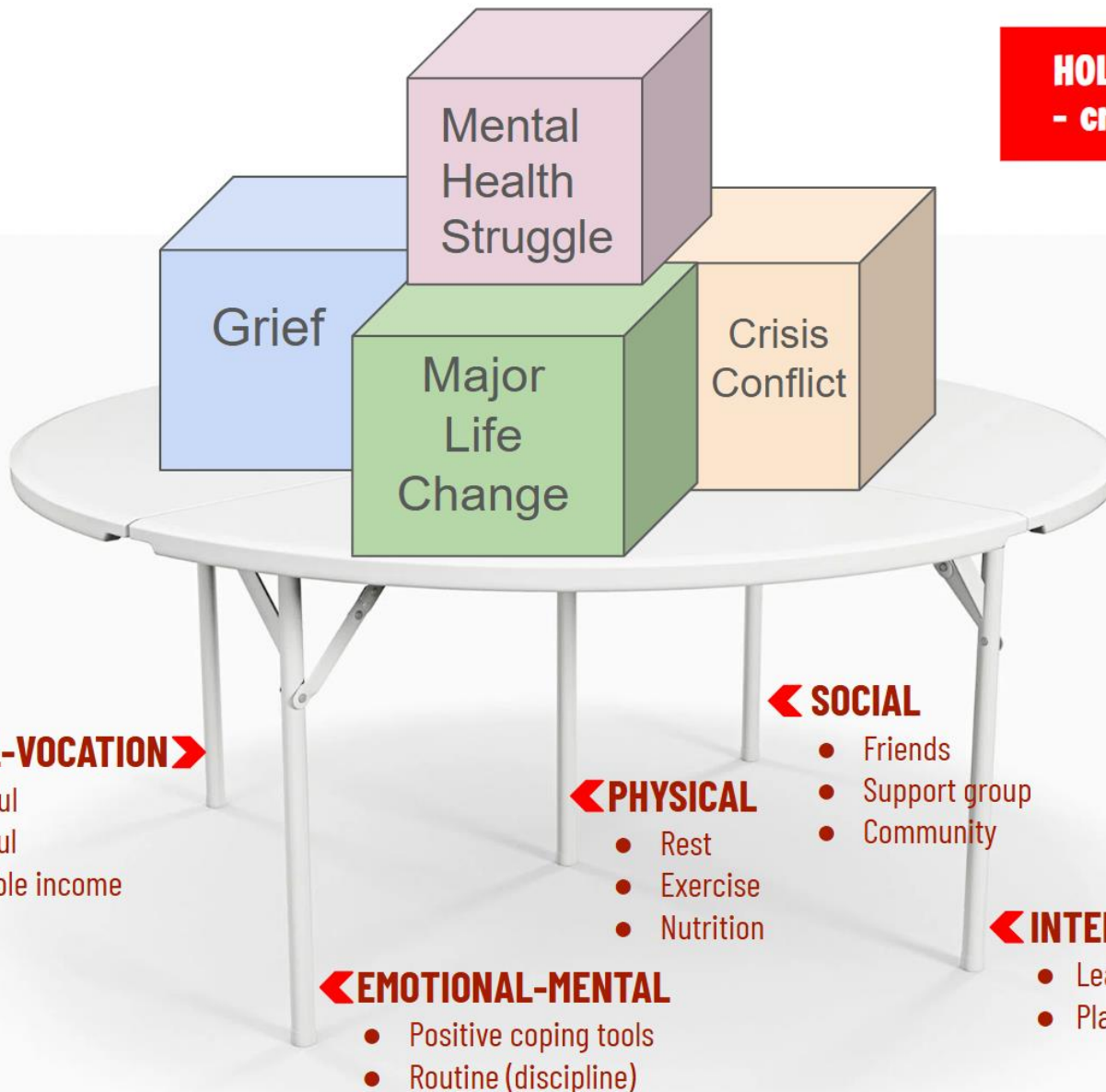


# BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

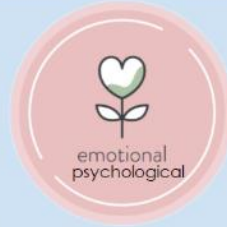
Your sense of well-being correlates with your capacity to hold the weight of life's stresses. It depends on a good (sound) solid base structure which keeps you upright.

**HOLISTIC MODEL**  
- create balance



**INSTRUCTIONS:** Each circle represents a leg that holds up (\*or keeps balance to) your well-being. Write your notes in the box (next to the leg) that needs strengthening.

Emotional / Psychological



Spiritual



Physical / Medical



Occupational / Financial

Social

Environmental