

# Your Life Well<sup>1</sup>

Things that drain the well

Things that replenish the well



---

Jennifer Louden (self-care expert) said: *Self-care is not selfish or indulgent. We cannot nurture others from a dry well. We need to take care of our own needs first, and then we can give from our surplus, our abundance.*

Consider the things in life that drain your “Life Well;” these could be physical, psychological, emotional, spiritual, relationship-based, workplace-related aspects of your life. Make a list above of the ways in which you well becomes dry.

Similarly, consider the things in your life that allow you to replenish your well. Make a list of those on the other side. What is it about those things or activities that allow you to feel replenished?

---

<sup>1</sup> Exercise adapted from Liala Buoniconti, LICSW with the Harvard Immigration and Refugee Clinical Program