

# Balancing All Parts of Who We Are

## **Emotional** *Feelings (heart)*

- Feelings and how they are expressed
- Sharing from the heart

## **Mental**

### *Thoughts (head)*

- Self-reflection
- Analyzing & synthesizing information
- Recognizing interests, needs, and differences

Holding ourselves in balance as we work toward wholeness

## **Spiritual** *Values (soul)*

- Values that direct behavior
- Connecting with what matters

## **Physical**

### *Sensory Supports (body)*

- Taking care of physical needs: personal and for the group
- Body language