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

**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

Holding ourselves in balance as we work toward wholeness

Restorative practices, including Circles, are derived from and build on Indigenous teachings and other wisdom traditions. Excerpted from *Peacemaking Circles: From Conflict to Community*, by Kay Pranis, Barry Stuart, and Mark Wedge. © Living Justice Press. Permissions: ljpress@aol.com Photo by Janos, Adobe Stock, Laas Geel cave formations, Horn of Africa. For educational and training purposes only.