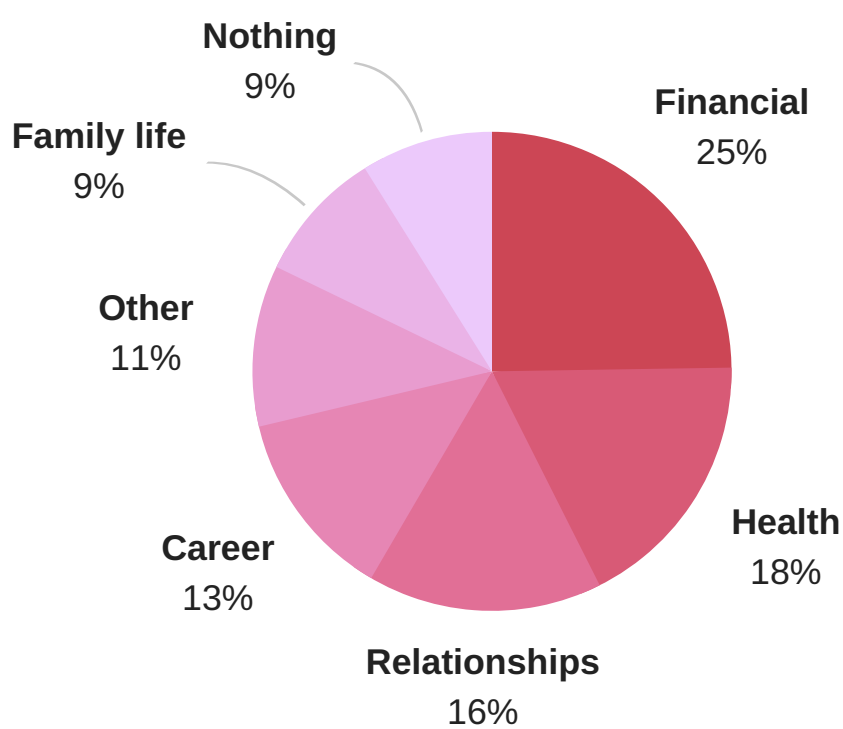


# Are you surviving or thriving?

We asked visitors of Counselling Directory about which areas of life they feel they're 'surviving' in and how they practise self-care.

## Which area of your life do you feel you're struggling with?



"Trying to find a balance between family life, work and relationships."

## How often do you take time for yourself?

- Twice a week (40%)
- Daily (28%)
- Once a week (11%)
- Never (7%)
- Fortnightly (5%)



## How do you practise self-care?

