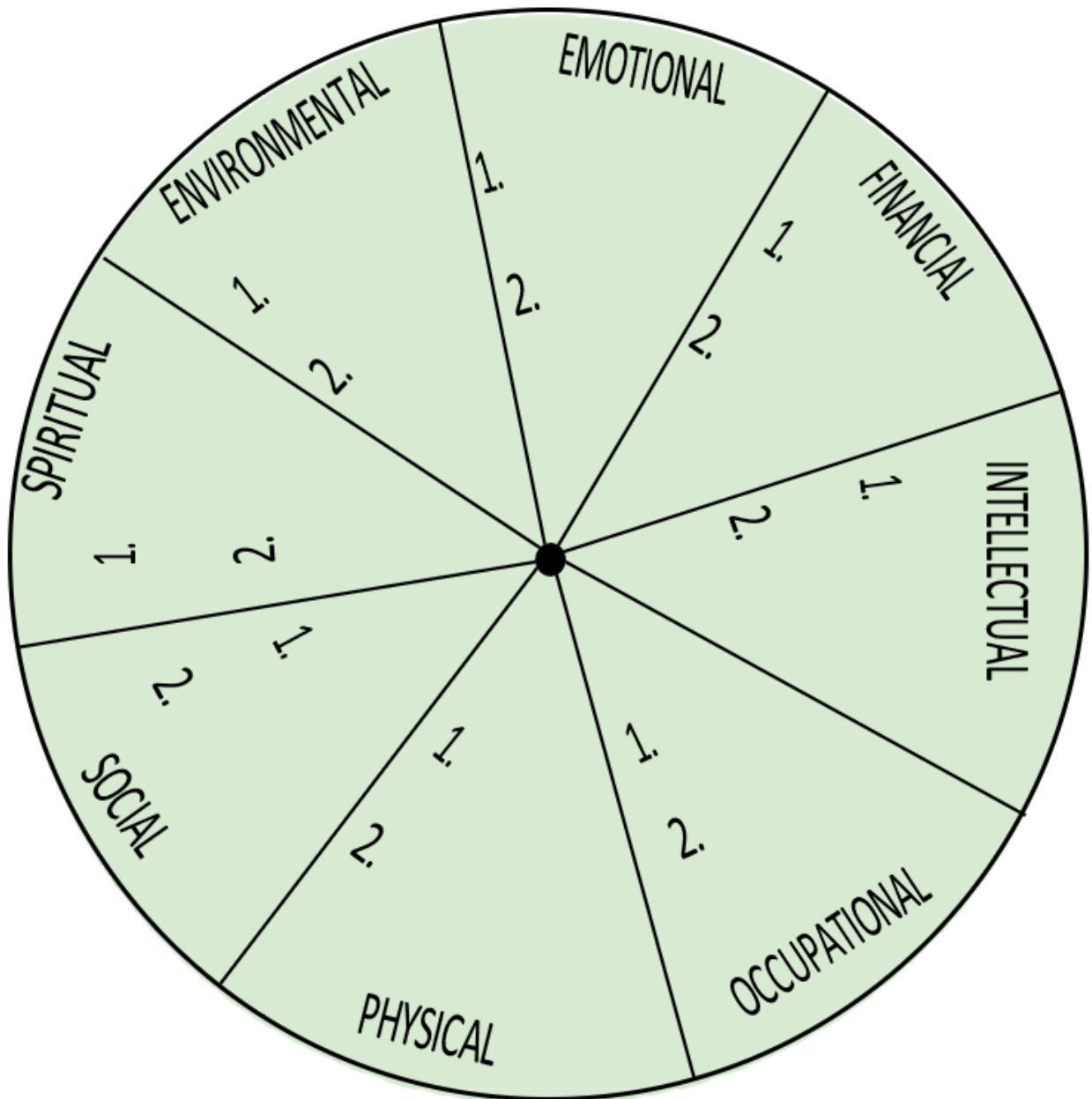


Wellness Wheel Activity

Fill in each section of the wellness wheel with an example of:

- 1) one thing you already do to incorporate wellness in your life
- 2) one thing that you could consider to enhance wellness in your life.

**Refer to the other side of this document for descriptions and examples of each dimension.*



Dimension	Description	Examples
Emotional	Expressing feelings, adjusting to emotional challenges, coping with life's stressors, and enjoying life.	Reflecting on your emotions. Finding a comfortable place for when you need quiet, comfort, or safety. Practicing positive coping strategies in stressful situations.
Environmental	Being and feeling safe including accessing clean air, food, and water; preserving the areas where we live, learn, and work; occupying areas supportive of our well-being; and promoting learning, contemplation, and relaxation in natural spaces.	Finding outdoor activities that make you feel good. Tidying up your work and living spaces. Volunteering to clean up outdoor spaces.
Financial	Includes income, debt, and savings and a person's understanding of financial processes and resources.	Identifying tools to help keep track of your finances. Asking for help with financial planning. Exploring accounts that are best for your financial goals.
Intellectual	Keeping our brains active and our intellect expanding.	Exploring opportunities to build new skills. Playing crossword puzzles and other similar types of games. Befriending people who can stimulate your mind and discuss topics of interest.
Occupational	Participating in activities that provide meaning and purpose and reflect personal values, interests, and beliefs, including employment.	Consider what you enjoy most and research careers and employment in those areas. Setting boundaries for your work efforts and time outside of work. Reflecting on how your talents, gifts, and knowledge contribute to your work efforts.
Physical	Practicing good habits including nutrition, exercise, and seeking appropriate healthcare.	Exploring local food co-ops for nutritious, affordable food options. Identifying opportunities for movement and exercise. Making sleep a priority. Seeking preventative healthcare.
Social	Having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.	Identifying and considering joining groups with similar interests. Attending events and activities of interest to you. Keeping track of when its time to catch up with someone.
Spiritual	One's personal beliefs and values. Involves having meaning, purpose, and a sense of balance and peace.	Sharing your beliefs, values, and principles with others to deepen relationships. Learning about groups in the community that deepen your spiritual practice. Finding peaceful locations to reflect and meditate.