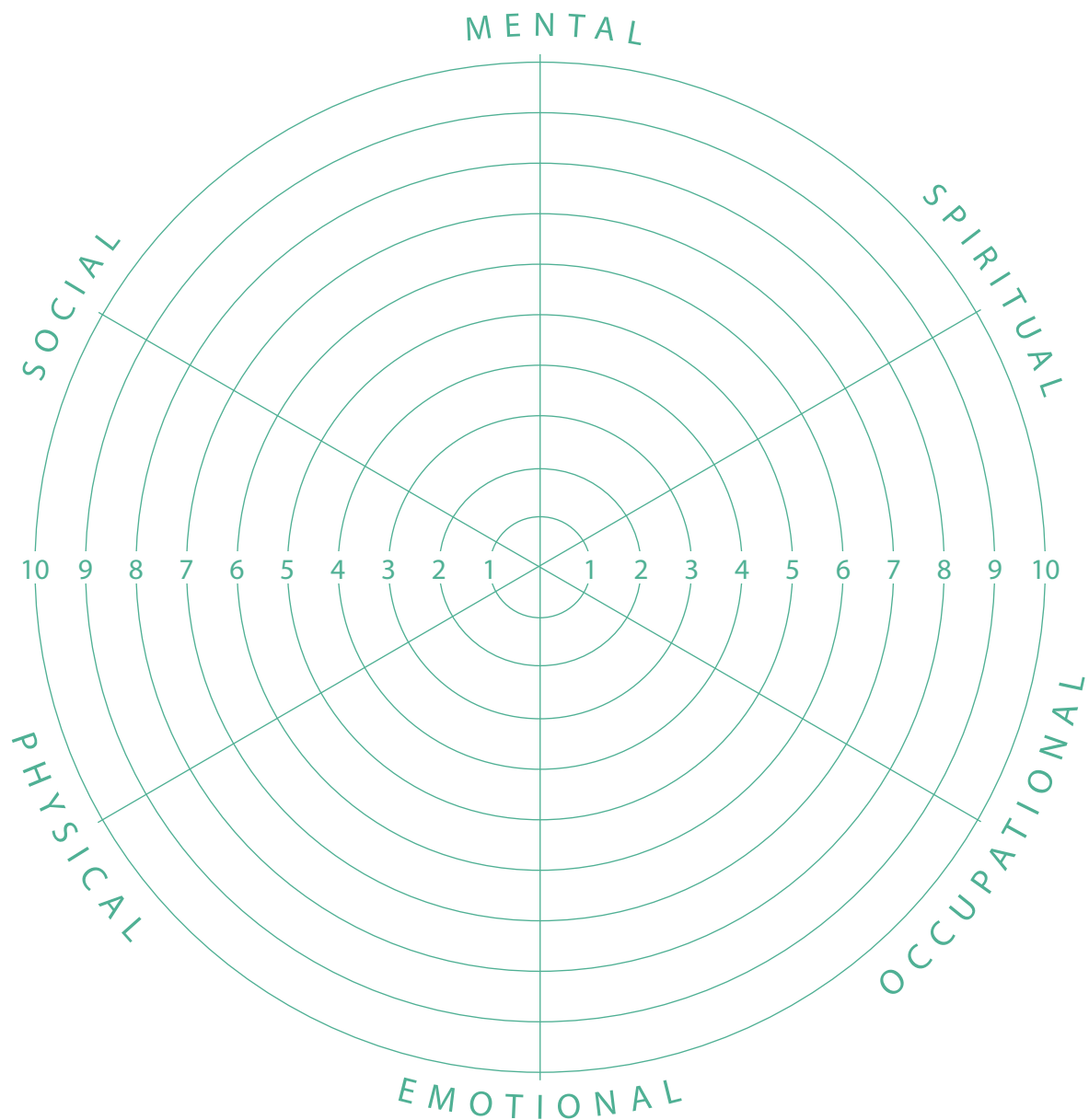


The Wellness Wheel

The Wellness Wheel is a tool that helps you assess different aspects of your life to see where you feel balanced and where you might need more focus. Each section of the wheel represents a key area of wellness including physical, emotional, social, spiritual, intellectual and occupational.

To use it, rate each aspect of your life on a scale of 1 to 10, with 1 meaning it feels very unbalanced and 10 meaning it feels highly balanced. Plot your scores on each axis of the wheel. Then connect the points to see your overall balance. This visual will reveal which aspects might benefit from more attention, helping you create a more well-rounded approach to wellness.



The Wellness Wheel gives you a clear picture of your overall balance. It will help you identify areas that need focus and help you set goals for creating a healthier and more balanced life.

Overleaf, please find a brief description of each of the aspects of wellness to help you in plotting your state of balance.

Six Aspects of Wellness

PHYSICAL WELLNESS

- Physical wellness involves nurturing your body with movement, nutrition and rest, enabling it to function at its best. It's about creating habits that support vitality and resilience.
- Move and exercise regularly.
- Connect with your body and reduce stress through mindful breathing.
- Follow a balanced, nutritious diet and rest sufficiently.
- Choose habits that support your health.
- Monitor your health with regular check-ups and maintain a healthy weight.

EMOTIONAL WELLNESS

- Emotional wellness is about building a strong sense of self, resilience and positivity, allowing you to manage life's challenges with confidence.
- Cultivate optimism and a positive mindset.
- Express your feelings, needs and opinions in a balanced way.
- Practice gratitude and view challenges as opportunities.
- Nurture fulfilling relationships and ask for help when needed.

MENTAL WELLNESS

- This area emphasises mental stimulation, lifelong learning and a constructive outlook on challenges and opportunities.
- Engage your mind through reading, learning and creative activities.
- Deepen the mind-body connection with practices like breathing, meditation or yoga.
- Embrace new experiences and viewpoints.
- Release fear of the future and let go of guilt or shame from the past.

OCCUPATIONAL WELLNESS

- Occupational wellness is about finding satisfaction in both work and home environments that align with personal values and goals.
- Find joy in your work and maintain respectful relationships.
- Pursue opportunities to develop skills and growth.
- Practise sustainability and contribute positively to the environment.
- Align personal values with career goals for meaningful work.

SOCIAL WELLNESS

- Social wellness involves building supportive, fulfilling relationships and creating a sense of community.
- Acceptance of yourself and others.
- Connect with others and interact with people of all cultures and backgrounds.
- Join clubs or groups to meet like-minded people, make friends and share interests.
- Make time for work and play.

SPIRITUAL WELLNESS

- Spiritual wellness is a sense of purpose and connection, aligning with personal values and fostering a deeper understanding of life. It's about nurturing that which fulfills you and finding harmony within yourself, with others, and the world around you.
- Practise empathy by showing compassion and care for others to build meaningful connections.
- Live by a personal philosophy that guides your choices and supports growth.
- Embrace life's journey as an evolving process, staying open to new perspectives.