

CREATING BALANCE IN OUR LIVES WITH THE

Wellness Wheel

The 8 Dimensions of Wellness

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.



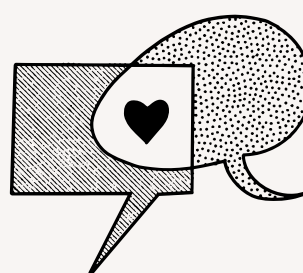
EMOTIONAL

Coping effectively, having a sense of positive self-regard, and creating satisfying relationships.



SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.



ENVIRONMENTAL

Occupying pleasant, stimulating environments that support well-being.

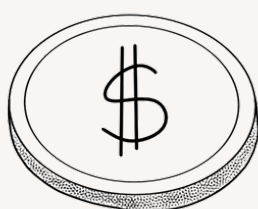
OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.



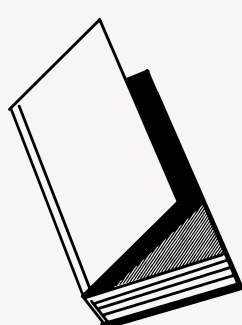
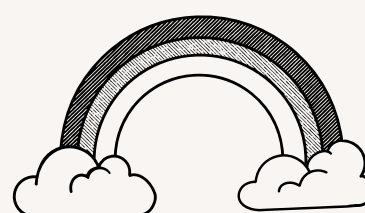
FINANCIAL

Satisfaction with current and future financial situations.



SPIRITUAL

Attending to our sense of purpose and meaning in life.



INTELLECTUAL

Recognizing ways to expand knowledge and skills through intellectually stimulating activities.

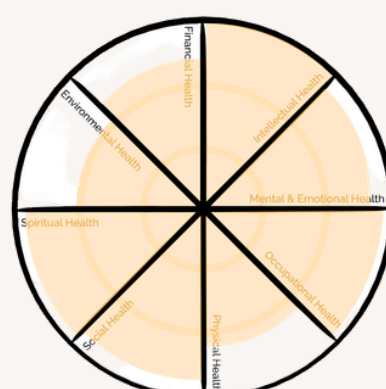
CREATING BALANCE IN OUR LIVES WITH THE

Wellness Wheel

Which aspects of wellness
can you work on?

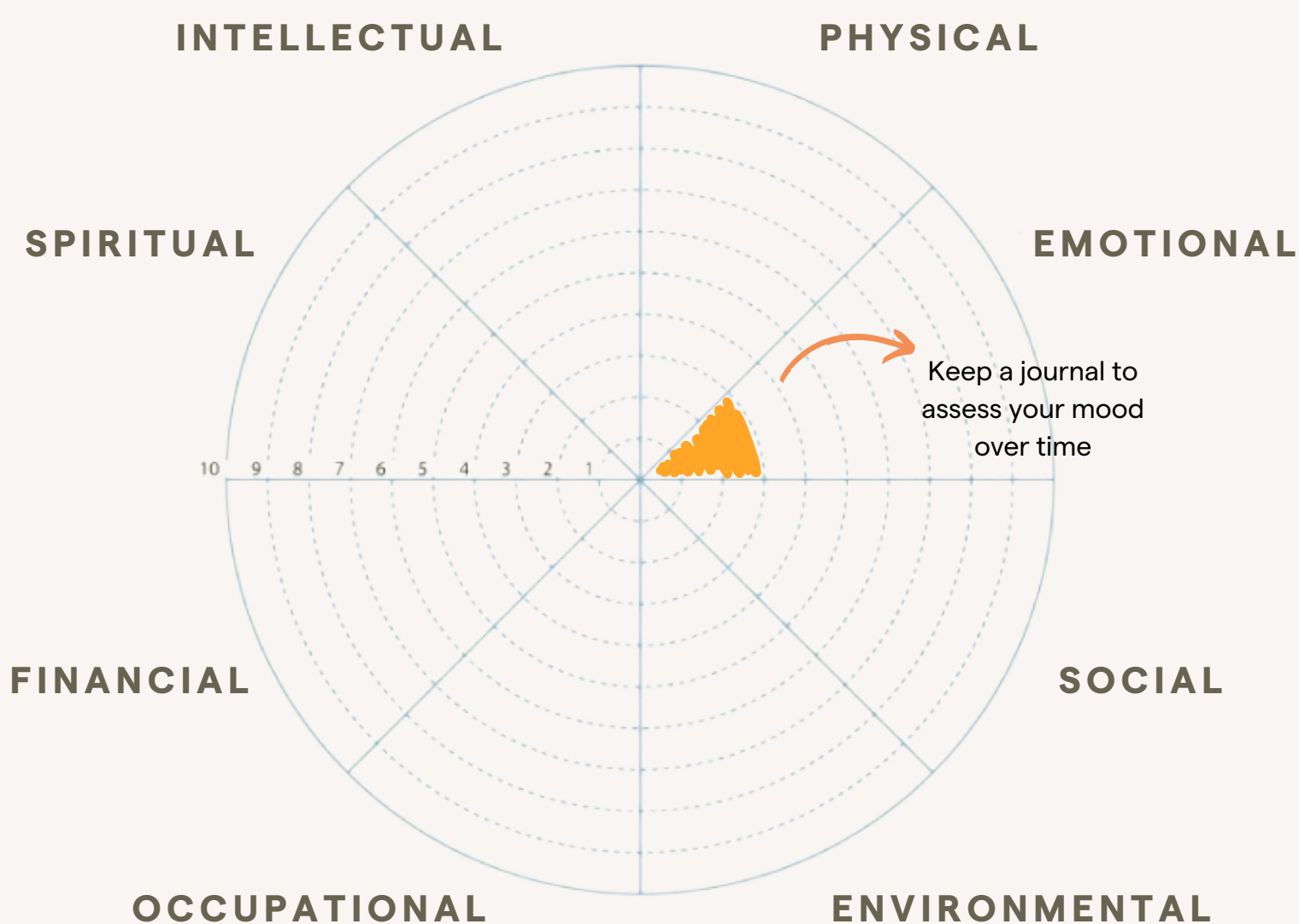


Surviving



Thriving

For this activity, take a few minutes to think about how much attention and care you've attributed to each aspect of your wellness in the past month. On the wheel below, shade accordingly on a scale from 1 - 10. Are you surviving or thriving? Which aspects of wellness can you work on?



Now that you have an understanding of which areas of wellness you may be lacking in, let's seek to create balance moving forward!

Jot down some things you can do in the next month to **move up by 1 on the scale** in an aspect of your wellness. Look above for an example!