Wheel of Wellness

Take inventory to track what you are doing in your life to be well. It is not just diet. It is not just how much water you consume. It is not how many exercises you go to.

Wellness is about identifying your needs and creating balance in your life. Take a BLUE pen and write in the wheel of wellness all the things you are doing in your life that fulfill the categories description. Take a BLACK pen and write out something you will work on in the future to have more fulfillment in that category.
HR Benefits presents

Sample

Social Wellness
- Relationships
- Respect
- Community Interaction

Community Group
- Date Night
- Volunteer

Family Reunion
- Social Media Updates

Emotional Wellness
- Feelings, Emotions
- Reactions, Cognition

Share experience with friends
- Read books and watch movies
- Talk to a counselor

Talk to a counselor
- Work has purpose
- Savings account
- Gamble less

Spiritual Wellness
- Meaning, Values
- Prayer
- Children provide meaning
- Meditation
- Forgive old friends

Intellectual Wellness
- Critical Thinking
- Creativity, Curiosity
- Spanish Lessons
- Online Degree program
- Book Club

Physical Wellness
- Body, Nutrition
- Healthy Habits
- No more fat diets
- Moderate Alcohol
- Daily Walks
- Non smoker

Occupational Wellness
- Skills, Finances
- Balance, Satisfaction
- No more fat diets
- Moderate Alcohol
- Daily Walks
- Non smoker

General Wellness
- Feelings, Emotions
- Reactions, Cognition
- Community Interaction