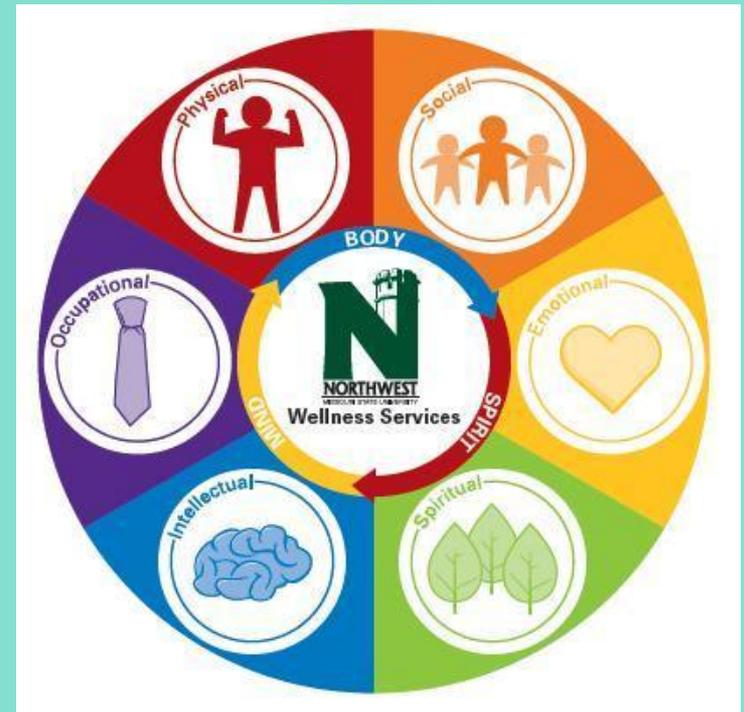
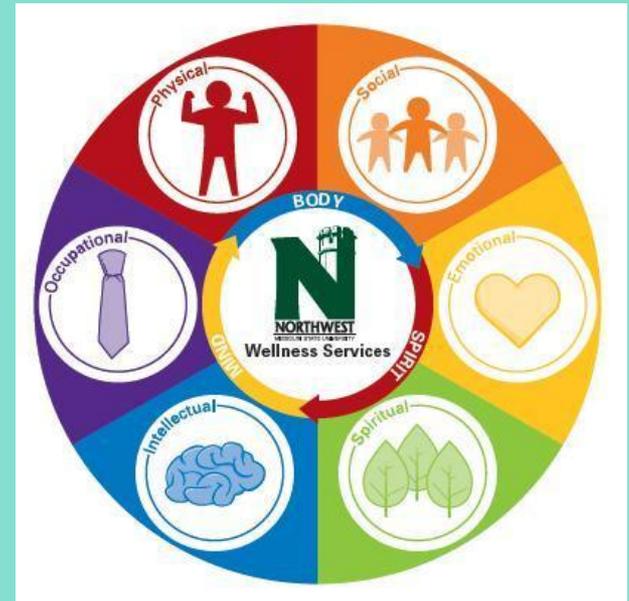


# Balancing Your Wellness Wheel

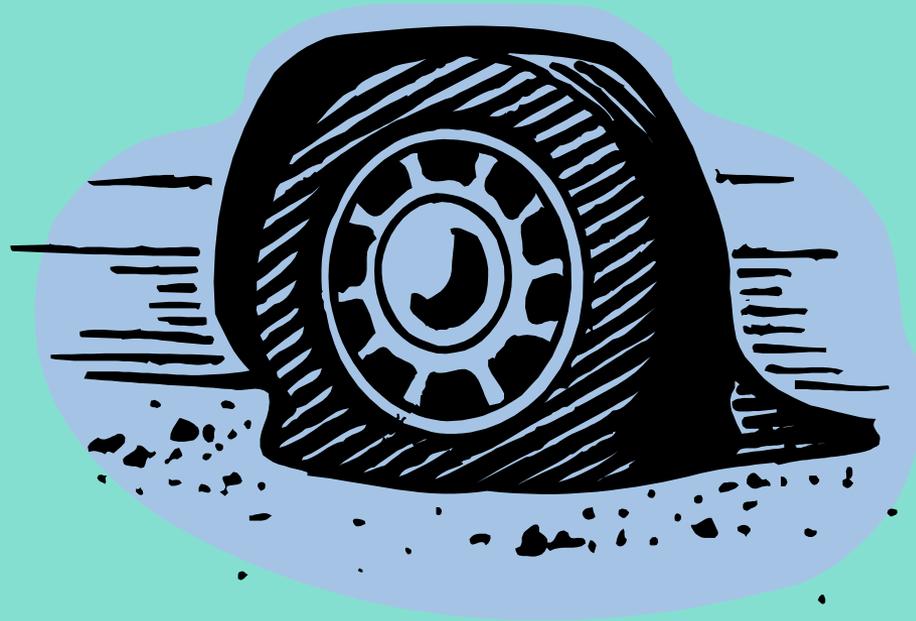


# BALANCING YOUR WELLNESS WHEEL



Think of your experience with

**FLAT TIRES**





## A flat tire...

Makes it difficult to steer straight

Makes the ride bumpy and shaky

Makes steering difficult

Causes a wreck

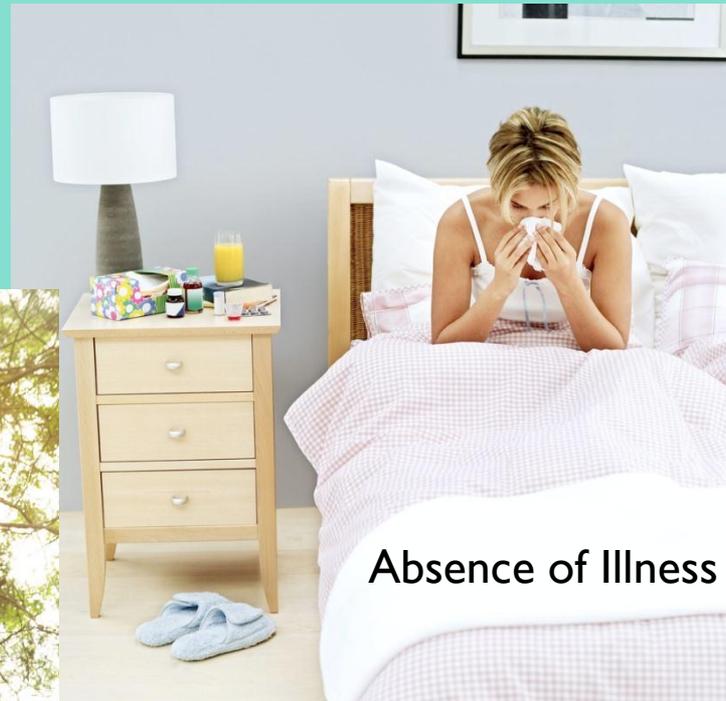
Causes you to not reach your  
destination



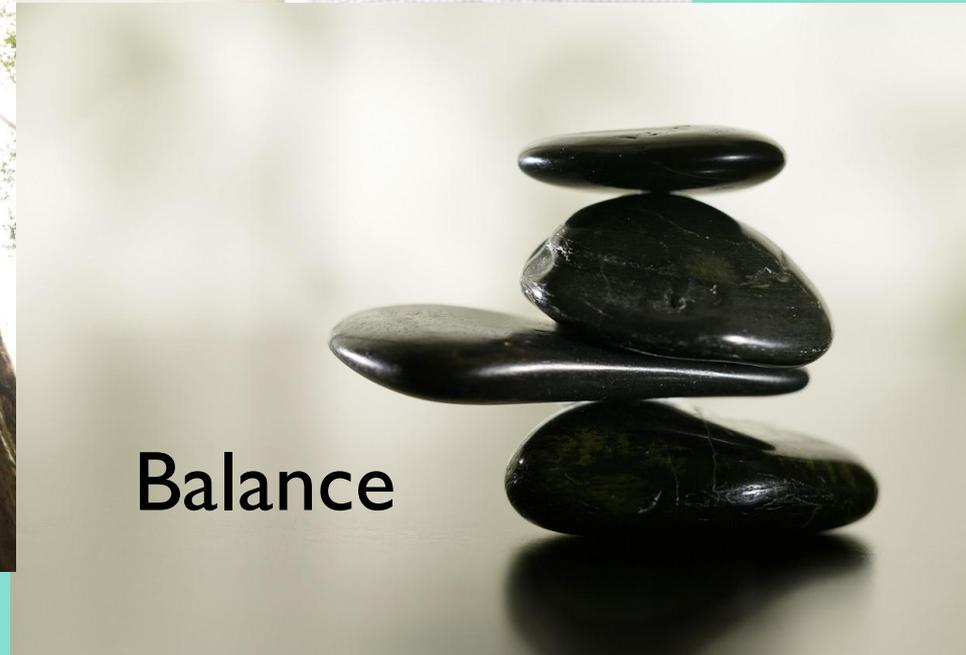
# Wellness



**Growth**



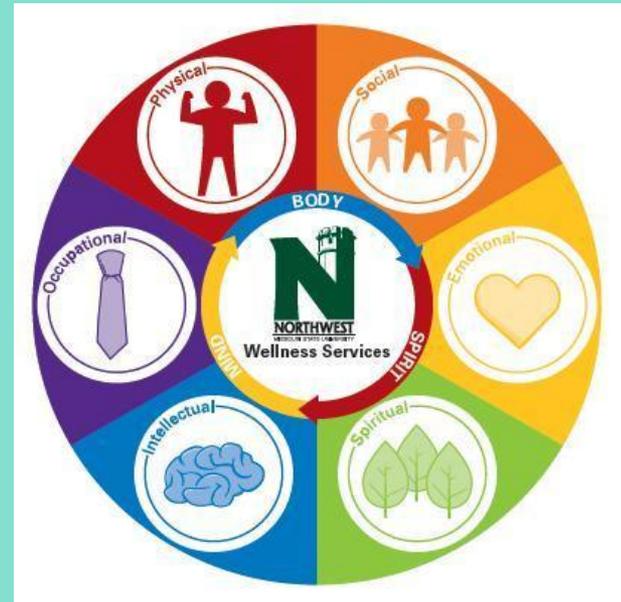
**Absence of Illness**



**Balance**

# Aspects of who we are

- Social
- Emotional
- Intellectual
- Physical
- Spiritual
- Occupational



# Dimension One

- **Social Wellness**
- Relationships, respect, community interaction.
- This dimension considers how we relate to others.
- How we connect, communicate and get along with the people we are surrounded by.



# Dimension Two

- **Spiritual Wellness**
- Meaning, values.
- This dimension helps to establish peace and harmony in our lives.
- It is the ability to discover meaning and purpose in life.



# Dimension Three



- **Emotional Wellness**
- Feelings, emotions, reactions, cognition.
- This is the dimension where you are in touch with your feelings and emotions of sorrow, joy, love, etc.
- This dimension helps us to cope with the emotional challenges of life.

# Dimension Four

- **Occupational Wellness**
- Skills, finances, balance, satisfaction.
- This dimension involves finding fulfillment in your job and knowing that it has meaning.
- It is also the ability to establish balance between work and leisure time.



# Dimension Five



- **Intellectual Wellness**
- Critical thinking, creativity, curiosity.
- This dimension considers the desire to be a lifelong learner.
- It's the ability to be open to new experiences and ideas in order to continue growing.

# Dimension Six

- **Physical Wellness**
- Body, nutrition, healthy habits.
- This dimension considers overall health and what you need to do to maintain a healthy quality of life.
- It is the ability to take charge of your health by making conscious decisions to be healthy.

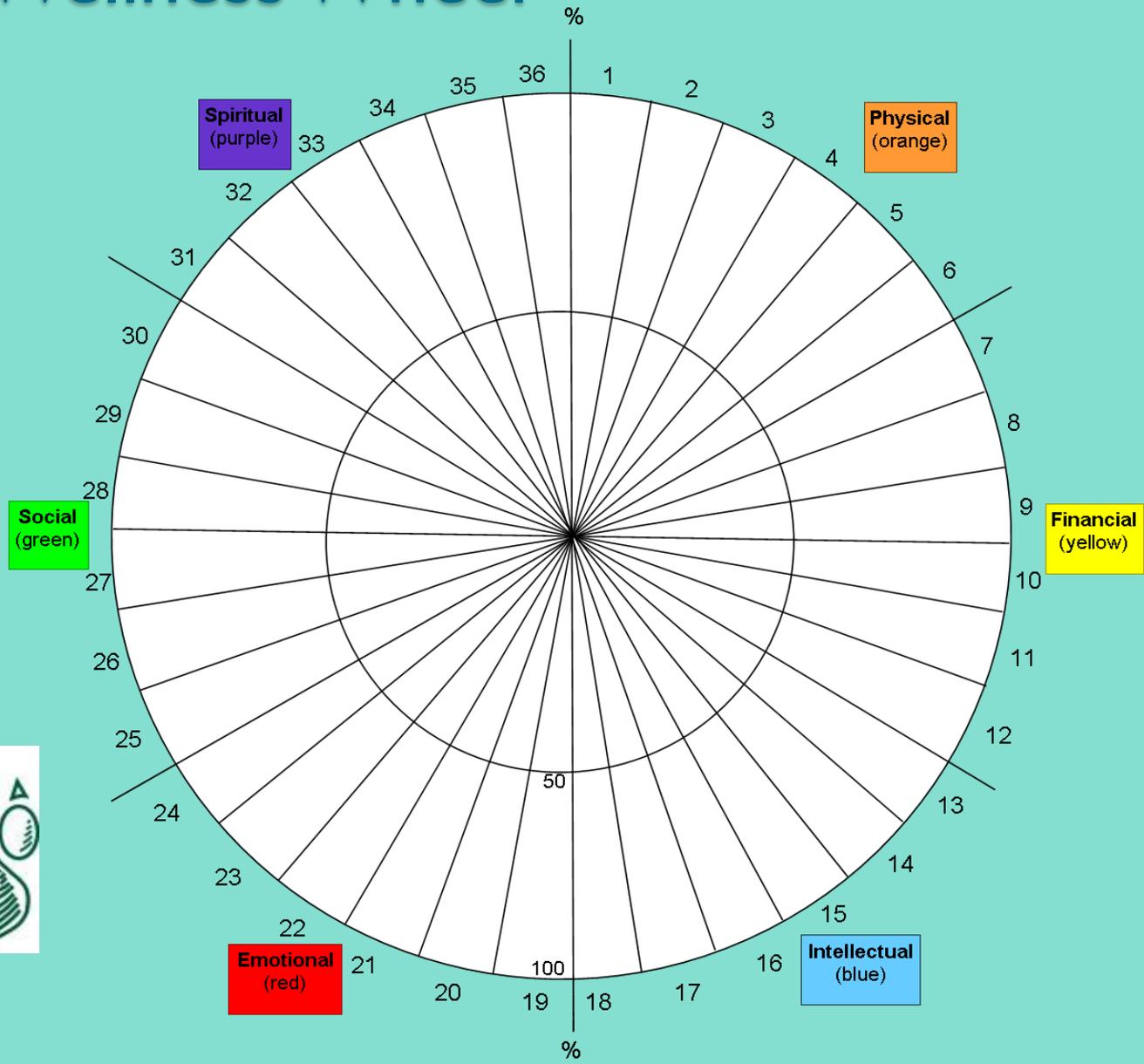




# Let's try it out!

- Where's your wheel?

# A Balanced Life – The Wellness Wheel



# Activity Instructions

- Read each statement;
- Fill in the corresponding pie-shaped section of the wheel to the degree you are achieving this;
- For example, question #1 is:  
    “I eat a balanced nutritional diet”;
- If you feel you are doing this 100% of the time, color in all of section 1. If you do this 60% of the time, color 60% of the section.
- Complete this for all 36 sections of the wheel.

# The Physical Section: Orange

1. I eat a balanced nutritional diet.
2. I exercise at least 3 times per week.
3. I choose to abstain from sex or sex is enjoyable and I practice safe sex.
4. I do not use alcohol or use in moderation, am a non-smoker and avoid street drugs.
5. I am generally free from illness.
6. I am a reasonable weight for my height.

# The Finance/Occupation Section: Yellow

7. I have a solid balance between saving for the future and spending for the present
8. My beliefs/values surrounding money are harmonious with my behavior
9. What I am doing with work/school has purpose
10. I use money positively, e.g., little or no gambling or excessive massing of goods
11. I have a balance between work/school and the other areas of my life
12. I have financial plans for the future

# The Intellectual Section: Blue

13. I have specific intellectual goals, e.g., learning a new skill, a specific major
14. I pursue mentally stimulating interests or hobbies.
15. I am generally satisfied with my education plan/vocation.
16. I have positive thoughts (a low degree of negativity and cynicism).
17. I would describe myself as a life long learner.
18. I commit time and energy to professional and self-development.

# The Emotional Section: Red

19. I have a sense of fun and laughter.
20. I am able to feel and label my feelings.
21. I express my feelings appropriately.
22. I have a sense of control in my life and I am able to adapt to change.
23. I am able to comfort or console myself when I am troubled.
24. Others would describe me as emotionally stable.

# The Social Section: Green

25. I am able to resolve conflicts in all areas of my life
26. I am aware of the feelings of others and can respond appropriately
27. I have at least three people with whom I have a close trusting relationship
28. I am aware of and able to set and respect my own and others boundaries
29. I have satisfying social interaction with others
30. I have a sense of belonging/not being isolated

# The Spiritual Section: Purple

31. I practice meditation, pray or engage in some type of growth practice
32. I have a general sense of serenity
33. I have faith in a higher power
34. I have a sense of meaning and purpose in my life
35. I trust others and am able to forgive others and myself and let go
36. Principles/ethics/morals provide guides for my life



# Reflection – Action Planning Guide

- Remember:
  - Each person is unique
  - There is no “right” or “wrong” wheel
  - Responses will vary depending on age and stage of life
- Consider the wheel you have created a source of feedback.
- Feedback is something we can choose to use or ignore.



## Reflection –

- Which section of your wheel has the most color?
- Which section of your wheel has the least color?
- If this is not the first time you have filled out this assessment, how has the wheel changed? To what do you attribute the changes?

# Goal-setting

- As a result of doing this assessment, I intend to improve my life balance by...
- My first step will be...
- I will share my plans with \_\_\_\_\_ and will ask for their support by saying “ \_\_\_\_\_.”
- I will review my progress on \_\_\_\_\_.  
(Date)

# Resources

- We have numerous resources available to help you work on your wellness! Just contact us:
  - 660.562.1348
- Or visit the SHIFT Resources Page:
  - <http://www.nwmissouri.edu/wellness/SHIFTResources>



**Good Luck  
Working on  
Your  
Wellness!**

**Questions?**

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