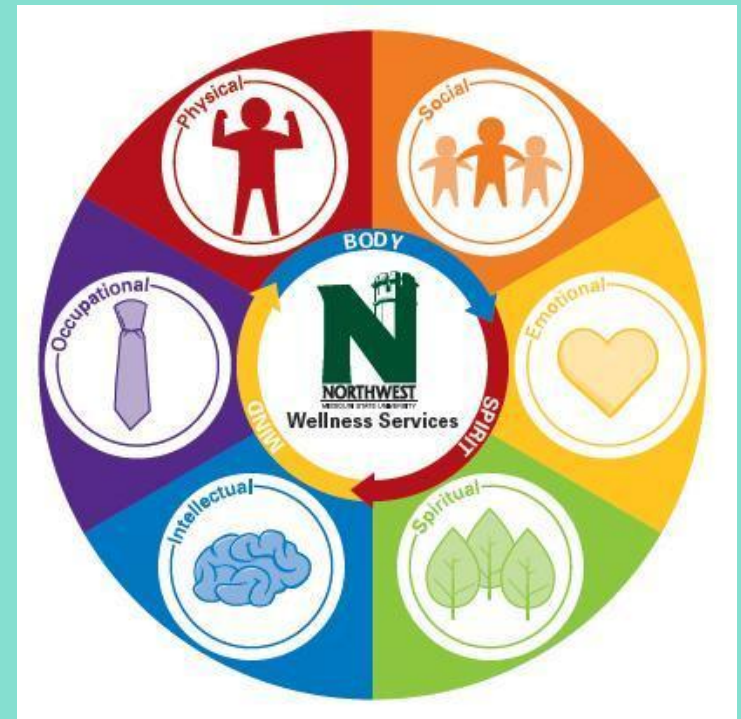
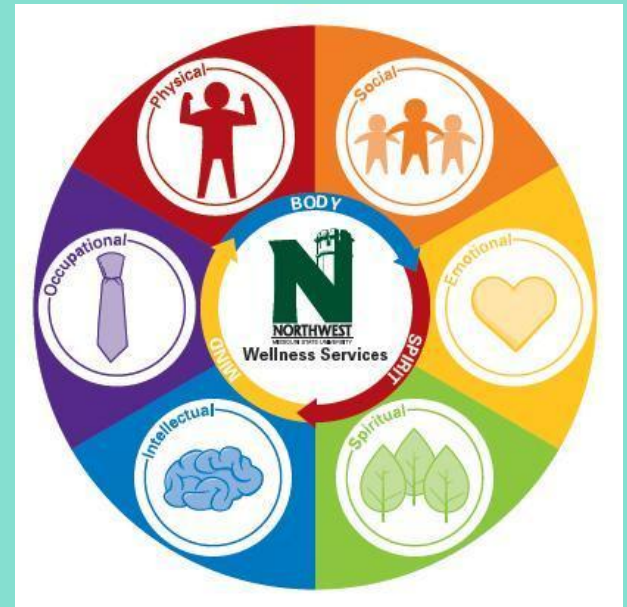


Balancing Your Wellness Wheel

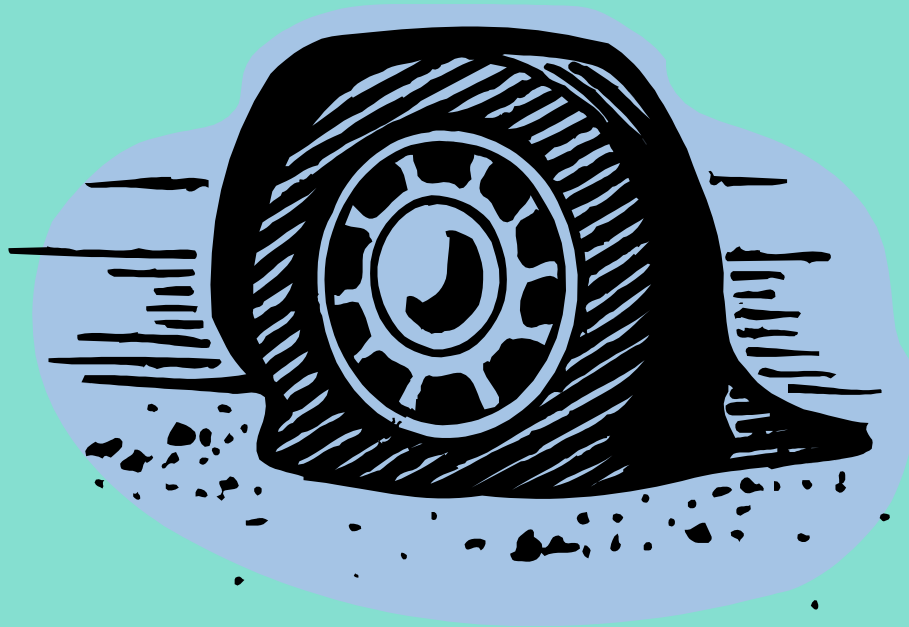


BALANCING YOUR WELLNESS WHEEL



Think of your experience with

FLAT TIRES





A flat tire...

Makes it difficult to steer straight

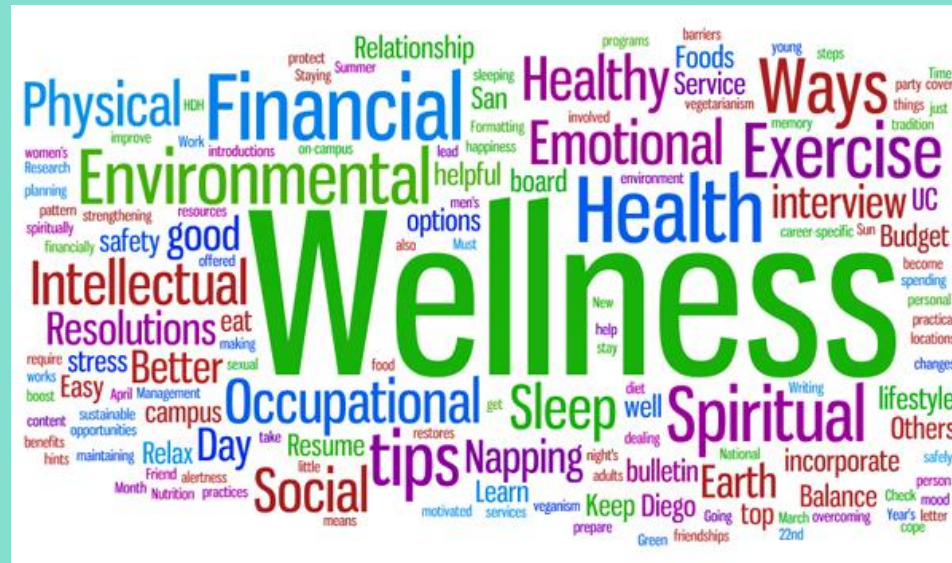
Makes the ride bumpy and shaky

Makes steering difficult

Causes a wreck

Causes you to not reach your
destination

- Health?
- Wellness?



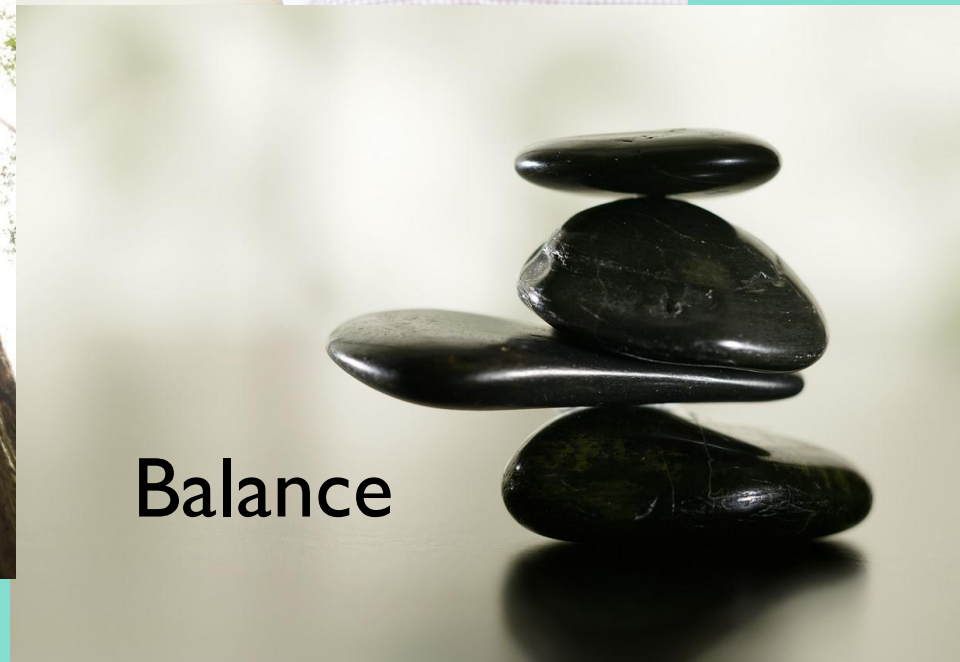
Wellness



Growth



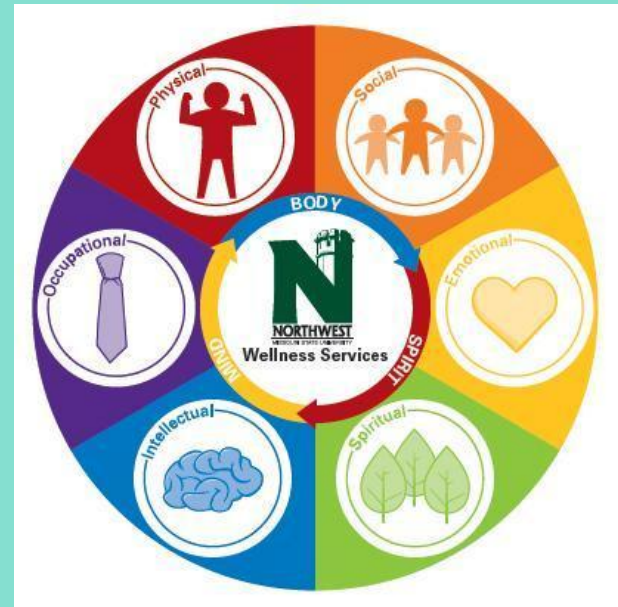
Absence of Illness



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.

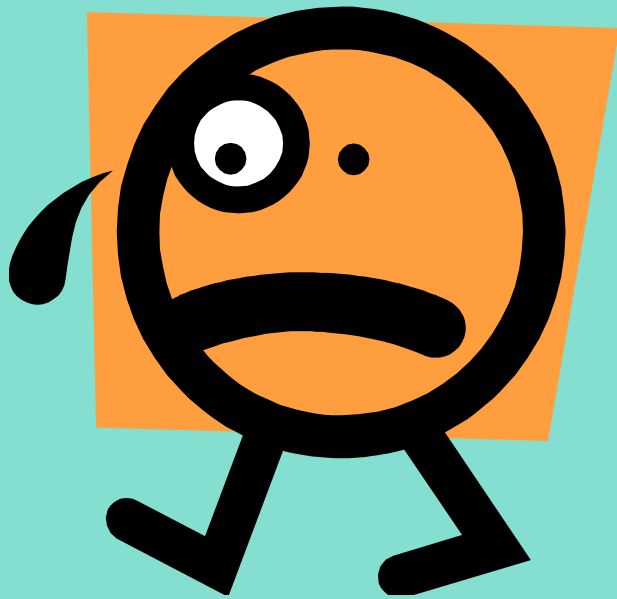


Dimension Two

- **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.

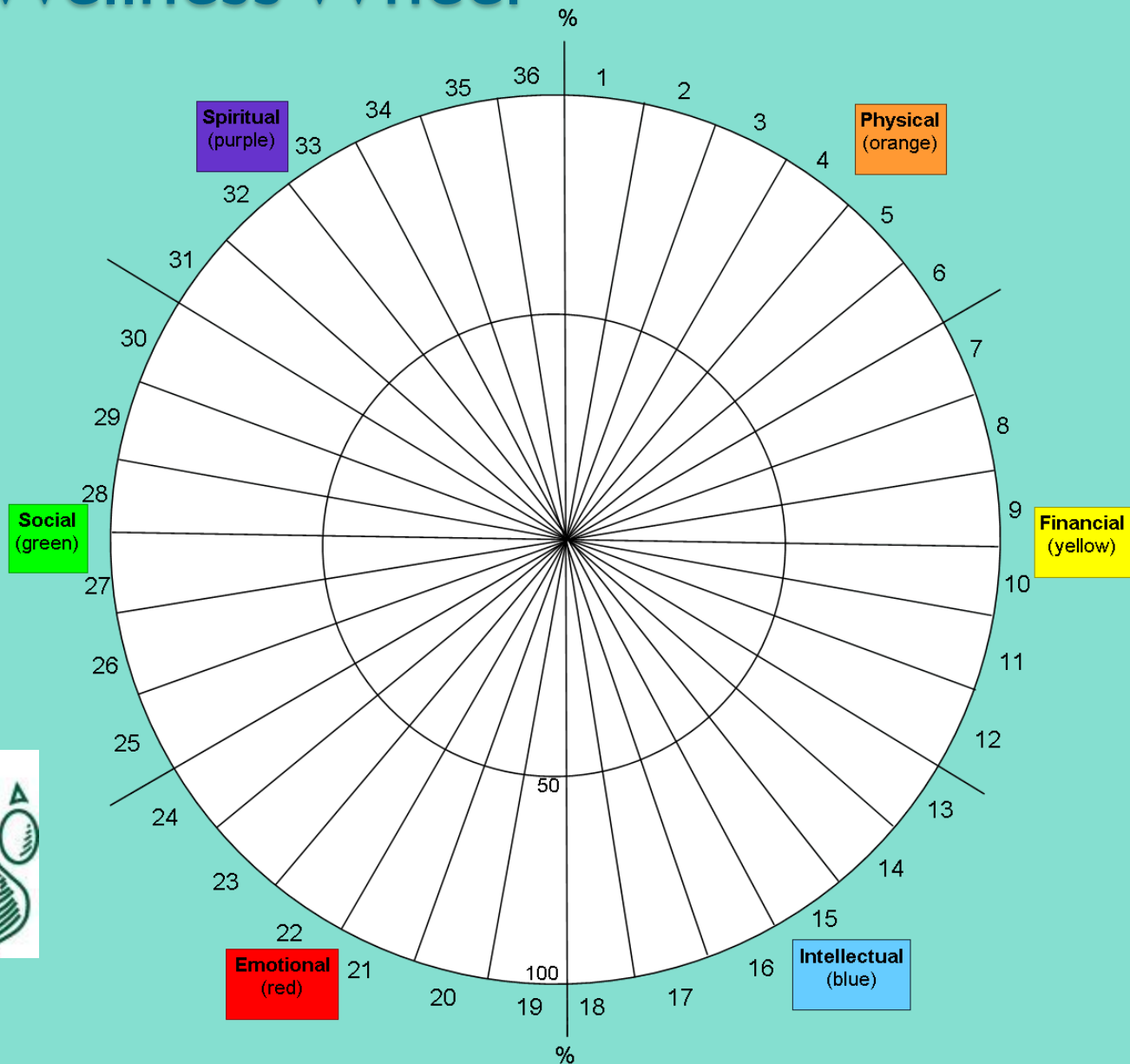




Let's try it out!

- 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?

Jennifer Kennymore, MPH, CHES
Health Educator
Wellness Services
jenken@nwmissouri.edu
660.562.1348