WELLNESS FOR THE WHOLE PERSON

Go to <https://www.sfu.ca/students/health/resources/wellness/wheel.html>

ANSWER THE QUESTIONS BELOW:

1. How many spokes are on the Wellness Wheel?

There are 7 spokes on the Wellness Wheel.

2. Wellness is all about maintaining a balance between what?

Wellness is all about maintaining the balance between the 7 Dimensions of Wellness.

3. If one spoke (one aspect of your life) is underdeveloped or neglected, the wheel (your overall wellness), what will happen?

If one spoke was underdeveloped or neglected, not only one aspect of my life will be underdeveloped, this can affect other spokes of the wheel, and it will slowly start to unbalance and turn into a weakness from the others.

4. Everyone’s optimal wellness will be different, depending on your own:

a) Social and Cultural

b) Financial

c) Physical

d) Emotional

5. As we make our way through life, different aspects will fall in and out of balance – it is our job to try to do what?

It is our job to improve the spokes of the wheel that are weak and make them as strong as all the other spokes of the wheel.

6. Run your cursor over the 7 spokes of the wheel.

7. Double-click on each aspect of the wheel. Using the chart below, write out 3 examples of each spoke of the wheel. Following that, write out 3 strategies to enhance your wellness within that spoke.

3 Examples of each:

EMOTIONAL

1. Accepting yourself for who you are
2. Having a generally positive outlook
3. Be willing to ask for help if unsure for something

FINANCIAL

1. Budgeting efficiently
2. Using your credit wisely
3. Limiting overspending

ENVIRONMENTAL

1. Being aware of risks in your surroundings
2. Being aware of the impact in your decisions
3. Taking personal responsibility for your actions

SPIRTUAL

1. Understanding your own values
2. Developing the mind-body connection
3. Feeling a part of a larger community

CAREER & ACADEMICS

1. Creating professional networks
2. Having a well-developed sense of self
3. Having friends and peers who can support your goals

SOCIAL/CULTURAL

1. Respecting the cultural identity of others
2. Respecting and understanding other individuals
3. Spending time with loved ones

PHYSICAL

1. Sleeping enough to feel rested
2. Maintaining an active lifestyle
3. Seeing a doctor for regular check-ups

3 STRATEGIES TO ENHANCE MY WELLNESS IN EACH AREA:

EMOTIONAL

1. Practice 5 to 10 minutes of mindfulness meditation each day
2. Volunteer for something you care about and share your skills and knowledge with others
3. Ask for help when you need it. There are many people and resources on campus that can help.

FINANCIAL

1. Eat nutritiously on a budget. Take your lunch, snacks, and drinks with you to school or to work.
2. If possible, use your debit card or cash rather than a credit card for making purchases.
3. Try to use on and off campus resources to help create and maintain a reasonable budget for yourself.

ENVIRONMENTAL

1. Form study groups with peers and support each other with course work and assignments.
2. Be aware of who is around and leave with the same people you came with.
3. Recycle plastic, glass, and paper containers

SPIRTUAL

1. Look for opportunities to practice mindfulness throughout the day, for example like eating a snack or waiting for the bus.
2. Follow your creative impulses and act on them. For example, try keeping a journal, paint, or draw, listen or create music.
3. Be curious about others and ask questions in a respectful and open-minded way.

CAREER & ACADEMICS

1. Schedule your study time in advance rather than cramming the night before.
2. Try to be physically and mentally balanced prior to exams by eating nutritious foods, getting enough sleep, and being active.
3. Work hard before the exam but plan a reward for yourself such as connecting with friends.

SOCIAL/CULTURAL

1. Focus on your feelings and share your perspective instead of blaming others. Use “I” statements when communicating and be clear about your needs.
2. Try to resolve conflicts through compromise. Consider the other persons perspective and respect their point of view.
3. Sign up for courses or activities on campus which genuinely interest you.

PHYSICAL

1. Set small goals. Take regular stretch breaks from the computer throughout the day and go for a walk outdoors if possible.
2. Schedule the class or movement break at the same time as a friend so that you can support each other being active.
3. Eat a balanced breakfast daily to fuel your body and mind.

8. Read through the handout. “Whole-Person Wellness Goals Examples”. Next, use the “Whole-Person Wellness Goals Contract” to write in one goal for yourself for each spoke of your wheel. Only write in goals that you will promise to yourself you will try to achieve. Sign the contract and hand all your work in, including the contract.