CAREER LIFE EDUCATION 10 NAME: Sarthak Nadkarni

HEALTHY LIVING UNIT DATE: October 30, 2020

MY WELLNESS WHEEL OBSERVATIONS:

For each of the 7 spokes of your “wellness wheel” decide which of them you are managing well (reaching the rim), which are being neglected, (too short), and which are being overused/abused, (extending too long). Now, join your spokes together and consider how this affects the balance of your life.

1. In which spokes are you most well?

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| Three spokes that I am doing well in are physical, emotional, and social and cultural. |

1. Which spokes are you neglecting or abusing?

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| Two spokes I am neglecting, and abusing are Environmental and Career and Academics. |

1. Is your wheel round or wonky? How well would your wheel roll? How can this influence your life?

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| My wheel is mostly wonky. It would like some areas are good, some okay, and then some not as good. This could influence my life in a way about how respectful, fit, and social where I need to work with others a bit more often and also need to set upcoming goals for myself of whatever I am doing wrong. |

1. When looking at your wellness wheel would this be how you THINK your life is balanced?

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| Not necessarily. It has changed overtime depending on my mood and other things. Overall, in my lifetime, there are things that have gone from bad to good but others in which they have just stayed the same. |

1. What are some steps that you could take to balance your wheel?

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| Some steps that I could take to balance my wheel are setting more and more goals for Career and Academics and also being aware of my surroundings when recycling and other things for spiritual. For Career and Academics, then I know that I should be doing this more and more often and in which I can improve. For the Environmental Spoke, if I do that, this way I am improving the society to make it a lot better. This way, I can make it as strong as the others and only have limited things to work on from each spoke. |

PERSONAL WELLNESS CHART

Consider the 4 Dimensions of Wellness:

Identify the positives (+) – the things that you are doing well in pursuing wellness in each dimension – identify this activity with a brief note.

Identify the negatives (-) – the things that are happening, or that you are choosing, that are restricting you in pursing wellness in each dimension – identify this activity with a brief example.

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| PHYSICAL | ENVIRONMENTAL | EMOTIONAL | SPIRITUAL |
| + exercising regularly | + Spending time with friends and family | + Taking care of myself daily | + Respecting the values and beliefs of others |
| + getting enough sleep | + Printing less paper. Sharing it with classmates online | + Accepting yourself for who you are | + Knowing my own beliefs and values |
| + eating healthy foods | + Buy your own drinks and keeping it in sight at all times | + Surround yourself with supportive and caring friends | + Participate in mind activities such as yoga |
| + not drinking or doing drugs | + Use transit and leave your car at home when you can | + Getting enough sleep | + Have an overall sense of peace and well being |
| - Taking breaks from the computer and/or taking a stretch break | - Recycling plastic, paper, and glass containers | - Asking for help whenever I am unsure of something | - Be curious about others and ask questions in a respectful and open-minded way |
| - Using technology properly to prevent from getting your eyes damaged | - Form study groups with peers and support each other with course work and assignments | - Creating a list in my mind or on paper of all my strengths and accomplishments | - Follow your creative impulses and act on them. For example, try keeping a journal, paint, or draw. |
| - Having the ability to wake up on weekends | - Be aware of who is around you and leave with the same people you came with | - Practice for 5 to 10 minutes of mindfulness meditation each day | - Give back by volunteering, helping others or by performing a random act of kindness |
| - Integrate movement into your day by sign up for yoga, fitness, or other classes which many of them are available virtually | - Try to purchase food and beverages that are grown and produced locally as an alternative to imported products | - Volunteer for something you care about and share your skills with knowledge with others. | - Practice compassion if you meet others whose values differ from your own |

Is there something that you could focus on changing that would contribute to greater WELLNESS?

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| There are two spokes that I would make a greater wellness which are Environmental Wellness and Spiritual Wellness. |

The Wellness Wheel

Emotional In the middle,

7 Dimensions

Of Wellness

Physical Career & Academics

Financial Spiritual

Environmental Social & Cultural