

Wellness wheel

Seven dimensions of your individual wellness, and what each one means

Why a wheel. Wellbeing is not one thing. It has spokes, and a wheel with one long spoke and six short ones does not roll well. This page names the spokes; the next three pages help you rate them, think about them, and tend one or two.



- **Emotional.** Maintaining a healthy emotional life is important to overall health. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Counseling Center.
- **Intellectual.** Intellectual wellness means staying curious and engaged in learning new things. Engage in creative activities. Read for pleasure, be aware of social and political issues, or join a club that focuses on enhancing intellectual interests.
- **Physical.** Physical wellness involves moving your bodies (exercise), eating well balanced meals (nutrition), sleeping, managing stress, receiving preventative medical and dental care, and getting sexual health screenings when you become sexually active.
- **Social.** Social wellness involves having a strong social network can give you support and guidance when you are stressed or need stress relief. Additionally these relationships can aid in the development of healthy relationships.

- **Environmental.** Environmental wellness means taking care of your global environment and your personal surroundings. De-cluttering your room, recycling your trash or volunteering to clean up your environment can improve health for all.
- **Financial.** Financial wellness means taking steps to live within your financial means and living in, and planning for, future financial health. You can do this by planning financially, creating a budget, and learning to be a good consumer.

- **Spiritual.** Spiritual wellness is a process of understanding beliefs, values, and ethics that help guide your life. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part to your overall wellbeing.

A note on wording. The wheel was written for college students, which is why it says “school work”, “your room” and “the Counseling Center”. Read those as your work, your space, and your therapist; the seven dimensions apply at any age.

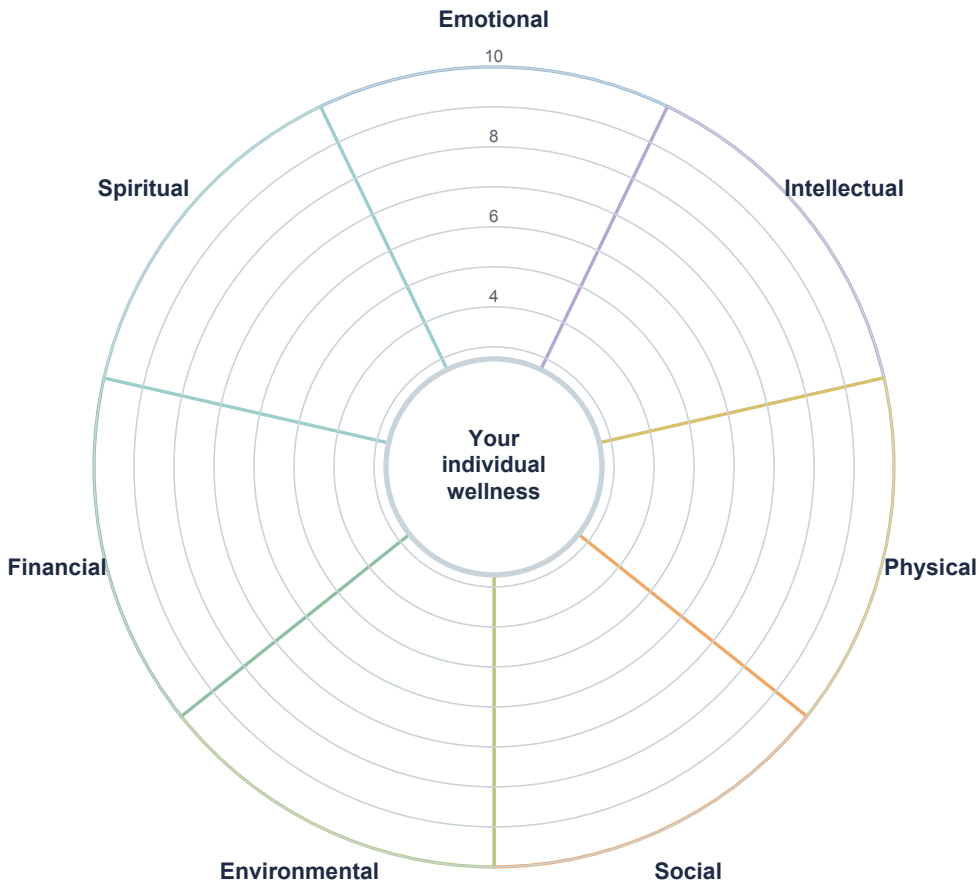
Where the model comes from (addition). Wellness wheels descend from Bill Hettler’s six-dimension model (National Wellness Institute, 1976): physical, emotional, intellectual, social, spiritual and occupational. Campus and public-health versions, like this one, add environmental and financial spokes; SAMHSA’s eight-dimension wheel keeps occupational as well. If work or study is a large part of your life, treat it as an eighth spoke on the following pages.

First impression: which spoke did I read fastest, and which did I want to skip?

My wheel today

Shade each spoke out from the centre to the ring that matches how that part of your life is going, 0 to 10.

Honest, not harsh. A 4 is information, not a verdict. Rate how it is this month, not how you wish it were and not your worst week.



THE SAME SEVEN AS NUMBERS

Emotional Intellectual Physical Social Environmental Financial Spiritual

What shape is my wheel? Where is the longest spoke, and where is the shortest?

Each spoke, up close

One line for what already keeps this spoke turning, one for the smallest thing that would add to it.

DIMENSION	WHAT I ALREADY DO FOR THIS	ONE SMALL THING I COULD ADD
Emotional		
Intellectual		
Physical		
Social		
Environmental		
Financial		
Spiritual		

Spokes lean on each other. Sleep (physical) steadies mood (emotional); a friend (social) is often the way into a club (intellectual) or a budget conversation (financial). When one spoke is hard to reach, look for the spoke next to it.

Two spokes to tend

Pick two, not seven. Balance comes from small, repeated attention, not from fixing everything at once.

SPOKE 1

Dimension: _____ Today's rating: _____ Aim in 4 weeks: _____

The small, repeatable thing I will do, and on which days

What usually gets in the way, and my answer to it

Who or what helps

SPOKE 2

Dimension: _____ Today's rating: _____ Aim in 4 weeks: _____

The small, repeatable thing I will do, and on which days

What usually gets in the way, and my answer to it

Who or what helps

REVIEW

I will re-rate my wheel on: _____ With: _____

What I noticed when I re-rated it
