

Wellness Wheel

Your well-being is like a wheel. This Wellness Wheel shows nine different dimensions of your life to consider. Each dimension of wellness is interconnected and influenced by the other components; this means that each aspect of wellness is equally important to finding balance (aka thriving) in your life.

Analyze your well-being based on areas you feel you are currently thriving in. What activities do you engage in for each dimension of wellness that support your well-being? Also consider areas of your wellness that you can enhance, again thinking of activities you can use to develop that aspect of well-being.



It is also important to note your own limitations. Having a balanced wheel is more important than having one or two areas you are extremely strong in. Allow yourself to envision balance as more vital than a percentage of success in one specific dimension. This tool is meant to be an ongoing reflective exercise for you on your wellness, and the balance you find in these dimensions may look different in a few weeks or months from now.

This resource is adapted from Capacity to Connect: Supporting Students' Mental Health, Wellness Wheel Handout ©Jewell Gillies. This handout is licensed under a [Creative Commons Attribution 4.0 International license \(CC BY 4.0 license\)](https://creativecommons.org/licenses/by/4.0/).

ICONS » yoga by zidney from the Noun Project | heart rate by Naufal Hudallah from the Noun Project | Book by Studio TROISQUATRE from the Noun Project | Gears by Gregor Cresnar from the Noun Project | Lotus by Brad Avison from the Noun Project | landscape by Creative Stall from the Noun Project | forest by Creative Stall from the Noun Project | Sea Sunset by Creative Stall from the Noun Project | Park by Creative Stall from the Noun Project | gaining by Alice Design from the Noun Project | Tree by Brian Hurshman from the Noun Project

Wellness Wheel Tips and Strategies

Physical wellness: Taking care of your body through physical activity, nutrition, sleep, and mental well-being. For example:

- Engage in some form of physical activity every day for at least 30 minutes
- Eat a variety of healthy foods
- Get an adequate amount of sleep every night (7–9 hours)

Emotional wellness: Making time to relax, reduce, stress, and take care of yourself. Paying attention to both positive and negative feelings and understanding how to handle these emotions. For example:

- Practise mindfulness
- Start a gratitude journal
- Pay attention to self-talk and shift toward positive self-talk
- Track emotions daily to look for patterns and possible triggers

Academic/career wellness: Expanding your knowledge and creating strategies to support continued learning. For example:

- Set up academic goals
- Create a study schedule and plan ahead
- Form a study group
- Connect with a mentor to further your understanding of career ideas
- Review your short- and long-term career goals regularly to make sure you are on track

Social wellness: Taking care of your relationships and society by building healthy, nurturing, and supportive relationships and fostering a genuine connection with those around you. For example:

- Make an effort to keep in touch with individuals who are supportive
- Practise active listening skills
- Join a club or an organization to meet new people
- Be mindful of commitments you make – know your limitations (don't spread yourself too thin)

Creative wellness: Valuing and actively participating in arts and cultural experiences as a means to understand and appreciate the surrounding world. For example:

- Play an instrument or make music
- Engage in the visual arts
- Try creative writing
- Engage in creativity through movement (dance)

Spiritual wellness: Taking care of your values and beliefs and creating purpose in your life. For example:

- Volunteer
- Meditate
- Express gratitude
- Practise forgiveness and compassion for yourself and others

Environmental wellness: Taking care of what is around you. Living in harmony with the Earth by taking action to protect it and respecting nature and all species. For example:

- Spend time in nature
- When possible, travel by walking, riding your bike, or taking public transportation
- Recycle and compost
- Use reusable water bottles and shopping bags

Financial wellness: Learning how to successfully manage finances to be financially responsible and independent. For example:

- Create and maintain a budget
- Pay your bills on time
- Pack your lunch to limit how often you eat out
- Meal plan before grocery shopping

Intellectual wellness: Being open to exploring new concepts, gaining new skills, and seeking creative and stimulating activities. For example:

- Try a new activity at school or in the community
- Explore things that you are curious about
- Read and write for pleasure