

## Healthy Foundations Wellness Wheel

We can think of our lives like a wheel with interrelated spokes all impacting one another and contributing to a sense of balance. At any point in time we may feel like some dimensions need little or no change, while others have room for growth. Our awareness of our state of being coupled with conscious choices and habits can help us both heal and thrive. When we choose to take full responsibility for choices related to our wellness, we increase our personal power.

**Social/Cultural** – Our social-cultural wellness is cultivated through our connections, our communication and the choices we make related to others. It is affected by the ways we build trust and comradery as well as the ways in which we navigate conflict. It is influenced not only by the ways we respond to others' needs, but by how we attend to our own. It includes having the freedom to explore and express our own culture as well as accepting, valuing and even celebrating the different ways that those from other cultural backgrounds interact with the world.

**Occupational** – Occupational wellness is impacted by the way we use our unique skills and strengths to be of service through paid employment, volunteering or other means of contributing to our families, communities or world. It is impacted by the way we manage our finances and provide for our present and future material needs.

**Spiritual** – Our spiritual wellness includes our sense of being connected to something greater than ourselves. For some it centers on a set of specific religious beliefs, while others may have a different framework for experiencing a sense of meaning and purpose in the world.

**Emotional** – Our emotional wellness is impacted by an awareness of our feelings and emotions. It's affected by our ability to manage the stressors of life as well as the way we notice or create opportunities to experience contentment and happiness. It includes our ability to work with our thoughts in constructive ways, cultivate confidence and face challenges with self-compassion.

**Intellectual** – Our intellectual wellness is affected by the ways we express ourselves creatively as well as the ways in which we stimulate our minds. It includes opening ourselves up to new experiences for learning and exploring our life and world.

**Environmental** – Our environmental wellness is impacted by the order and cleanliness of the physical spaces in which we live, work and play. It's also affected by the people in those places and how safe we feel in them. It encompasses aspects of clutter, noise and toxic exposure as well as our perceptions of how pleasant or nurturing our spaces are.

**Physical** – Physical wellness encompasses both movement throughout the day and structured exercise. It includes our ability to rest and relax and have quality sleep, nutrition and water drinking habits. It is affected by choices we make related to stress, personal hygiene, sexual health, and the use of substances like alcohol, tobacco and medications.

