#### THE 7 DIMENSIONS OF WELLNESS

The original wellness wheel was conceived by Dr. Bill Hettler, in which he outlined six dimensions of wellness. Today the tool commonly comprises 7 dimensions considered to be markers of a balanced and healthy lifestyle.



Taking the time to consider each of these areas will help you understand and identify what enriches your life currently and where lifestyle changes may improve your overall well-being.

## Emotional

Sense of purpose, joy, stillness. In touch with emotions, has coping skills for stress and anxiety.

Job satisfaction, finances, work/life balance, supportive workplace, connection, phyical workspace.

> Sleep hygiene, nutrition, strength and mobility, exercise, health check-ups, pain, chronic illness.

# Intellectual

Lifelong learning, building skills, creative activities, problem solving, verbal skills, current affairs.

> Healthy, supportive, loving, nurturing, safe. Include, friends, family, colleagues, partners.

This could be mindfulness. meditation, religion, community, values, morals, beliefs.

Environmental

Safe and

comfortable home

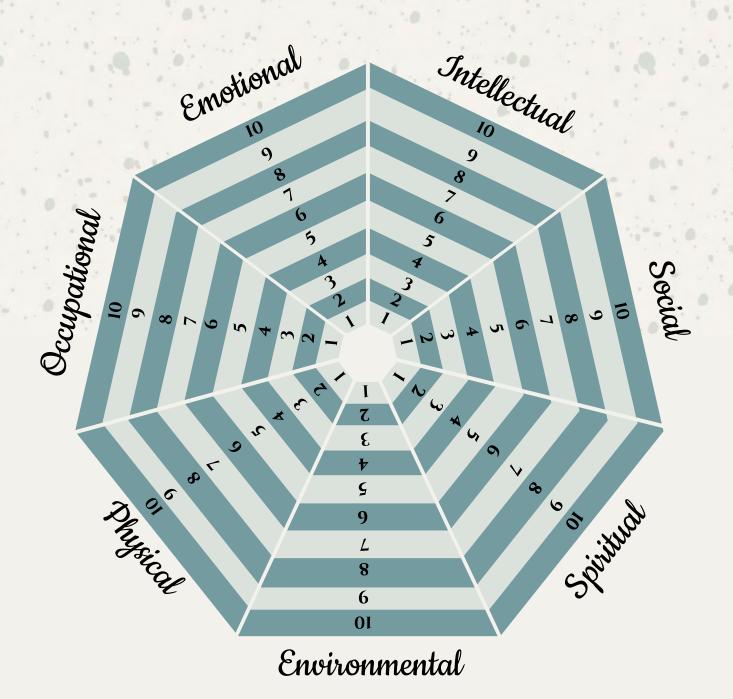
and work spaces.

Natural light, fresh air, access to nature or outdoor space.

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Occupational

### WELLNESS MAP



#### **HOW TO USE**

Reflect on all areas of your life and rate yourself on a scale of 1 (could be a lot better) to 10 (this is amazing!) and connect the dots to create a visual representation of your life.

### SELF-REFLECTION

Use the sections below to reflect on your final scores in the wellness map. You might like to consider:

- What is going well in your highest-scoring sections?
- What is impacting your lowest-scoring sections?
- What are some steps you could take to make improvements? Think short, medium, and long term
- Do you need any support to meet your needs, if so from whom?

