

## My Personal Wellness Wheel

Social Social wellness relates to having a strong social network that can be a source of support, guidance, and positive interactions. Establishing and maintaining satisfying interpersonal relationships with others can boost your resiliency Financial and greatly benefit wellness means your overall taking steps to live health. within your financial

The spiritual element of wellness involves understanding the beliefs, values, ethics, and sense of purpose that help guide your life. Spending time to reflect, explore, and ask questions about your spiritual life can be an important part of your overall wellness related

Financial

The Whole Me verall Emotional wellness relates to the awareness, understanding, and acceptance of your feelings. It is the ability to successfully manage your stress level and cope with unanticipated changes and challenges. Emotional health inspires love and compassion for yourself and others.

Professional wellness involves addressing work-related stressors and setting healthy boundaries between your professional and personal life. This aspect of wellness also includes developing habits in your workplace that promote resiliency and health. well enoug and rest

means and planning for

future financial health. This is

done by creating and adhering

to a budget, spending money

mindfully, and learning to be a

smart consumer.

life. Wellness involves (PS) bots taking care of your (PS) body and meeting any biological needs. This includes moving your body, eating nutritious and well-balanced meals, getting enough rest, having safe housing, and receiving necessary medical and dental care.

means engaging your senses and awareness in creative and selfreflective activities. A healthy psychological state allows you to realize your potential, work productively, and contribute uniquely dy, to society.

Psychological wellness

Resilient Futures, Inc.

Adapted from Clarion University. (n.d.). Wellness wheel. Retrieved from http://www.clarion.edu/student-life/health-fitness-and-wellness/office-of-healthpromotions/wellness-wheel.html; Olga Phoenix Project: Healing for Social Change. (2013). Self-care wheel. Retrieved from https://www.olgaphoenix.com.

FUTURES

Physical