



Wellness Wheel Action Guide



Extension

My Wellness Wheel Action Guide

Directions:

1. Use the Wellness Wheel Assessment to identify...
2. Write each dimension score in the corresponding circles.



Which dimensions am I strongest in (4 to 5)?

Which dimensions can I improve (1 to 2)?

Each person's results will be unique. There is no right or wrong way to take action. The important thing **IS** to take some actionable steps. Responses will vary depending on your age and life stage.

REFLECTIONS:

What do I like about my wellness wheel?	What do I want to change?
Where can I investment my (time, energy, and money) to increase satisfaction in my wellness wheel?	My additional insights...

My Wellness Wheel Action Plan

TAKING THE FIRST STEPS.

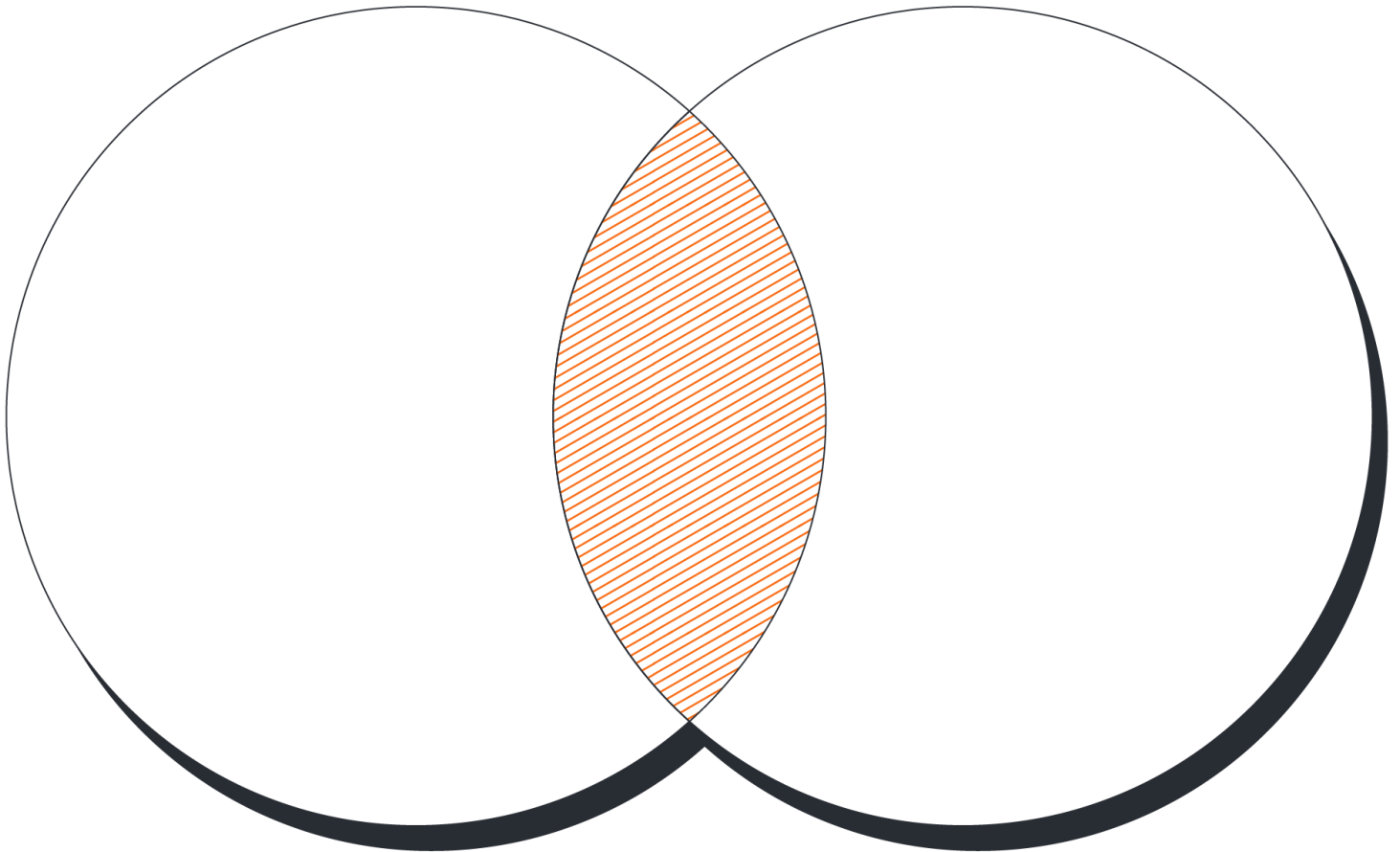
I am willing to work on the following dimensions. List one or more.

Choose one dimension to focus on: _____

As a result, I intend to improve my well-being by :

Draw a picture that depicts your **current** lifestyle that you want to improve.

Draw a picture that depicts your **future** lifestyle that you anticipate seeing .



Motivation

- I want to work on this dimension because... It is rooted in... (values, beliefs, something else?)

Supports

- This has helped me reach goals in the past...

Barriers

- This has kept me from achieving goals in the past...

MY Wellness Wheel Action Plan

For ideas to improve each wellness dimension look at pages 5-7.

STEP

ACTION TO BE TAKEN- BE SPECIFIC AND DETAILED

What habits, routines or actions will I take to close the gap for the dimension I identified?

When will I take this action.. daily, weekly, monthly?

What do I need to execute this action?
(Space, time, money, membership, equipment, expertise)

I will do this alone, with friends, a group?

My accountability partner is ... I will share my plan with...?




I will ask for support by saying "..."

I will review my progress on (date)




I will celebrate small successes by

Creating a Healthier Life



Substance Abuse and Mental Health Services Administration's (SAMHSA) has identified the following suggestions for improving all 8 dimensions. The full guide can be found at: <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

Wellness Dimension	Action Steps
Physical 	<p>Check out local food co-ops and farmers markets for fresh produce and local grown food.</p> <p>Watch YouTube videos to learn yoga or new exercise strategies.</p> <p>Cut back on caffeine. Establish a bedtime routine.</p> <p>Check out local support groups.</p> <p>Talk to your healthcare provider and practice shared decision-making when it comes to preventative health care.</p> <p>Try alternative forms of treatment such as massage therapy and acupuncture if appropriate.</p>
Intellectual 	<p>Explore travel sites, learn about a new culture.</p> <p>Find a community group or organization that you could teach a class or participate in a class. Scour local college websites for public classes.</p> <p>Become familiar with websites such as Games for the Brain http://www.gamesforthebrain.com/ Do crosswords, puzzles, sudoku.</p> <p>Take part in conversations that are stimulating.</p> <p>Learn a new language, develop a new skill.</p>
Financial 	<p>Update your resume or CV so that you can use it when opportunities present themselves. Explore social media sites like Linked In, Career Builder or Monster.</p> <p>Use your Online banking app features like budgeting and tracking to keep account of your spending and paying bills on time.</p> <p>Research and contact a financial planner to set goals reflecting your present and future lifestyle choices.</p> <p>Take a financial planning class and learn more about investments and other opportunities.</p>

Creating a Healthier Life

Wellness Dimension	Action Steps
Environmental	<p>At work take a break, walk around the block, stretch.</p>
	<p>Identify recycling programs in your community or volunteer for a clean-up drive.</p>
	<p>Explore “green” products for use in your home and garden.</p>
	<p>Look at websites to collect ideas of fun ways to spruce up your home and design the space recycling things you already have.</p>
	<p>Get rid of clutter, donate items, minimalize. Play upbeat music while you are doing chores.</p>
	<p>Take a daytrip and discover something new about where you live. Make a list of parks or landmarks that you want to see.</p>
Spiritual	<p>Find a peaceful place to walk, reflect and meditate.</p>
	<p>Look for groups or organizations in your area that you can connect with others to have deep, meaningful conversation.</p>
	<p>Share your beliefs, values and principles with others when appropriate and learn about theirs to expand your world view and deepen relationships.</p>
	<p>Take a tour of different religious/spiritual places to learn something new.</p>
Social	<p>Look for ways to connect with others. Pick up the phone, attend events. Scour local papers, libraries and websites for opportunities to learn and grow.</p>
	<p>Learn about Meetup, https://www.meetup.com/ with over 58 million members and 20 years of real connections. It is an online app that caters to all sorts of interests and hobbies both virtual and in person. Start your own Meetup group around a hobby or interest that you have if there isn't one close to you.</p>
	<p>Organize a calendar of events of places you would like to go and connect with others. Organize an event like a family reunion or group get together.</p>
	<p>Check out volunteer opportunities in your local communities and/ or join a club or organization.</p>

Creating a Healthier Life

Wellness Dimension	Action Steps
Occupational 	<p>Determine where you are in your career and life. Think about what you enjoy most. Research jobs that will work within that framework.</p> <hr/> <p>Update all profiles and resumes. Submit them to Linked In, Monster, Career Builder and other online career apps. Ask someone to review your profiles and resume for a critique.</p> <hr/> <p>Mentor a new employee or look for a mentor if you are new to the workplace.</p> <hr/> <p>Keep up to date on current job trends, hard and soft skills.</p> <hr/> <p>Use online calendars and tracking tools to help you balance work and life obligations.</p> <hr/> <p>Take advantage of professional development opportunities. Volunteer to be part of a committee or lead a team project.</p> <hr/> <p>If you receive disability benefits check out the following resource to calculate the amount you can earn: https://www.ssa.gov/pubs/EN-05-10069.pdf</p>
Emotional 	<p>Consider using a journal to express your thoughts and feelings. Draw, doodle, write.</p> <hr/> <p>Use a relaxation app to fall asleep. Keep track of resources that will help you keep a sleep schedule and plan meals.</p> <hr/> <p>Develop a personal affirmation statement. Use it when things seem overwhelming. Post it on your mirror or somewhere you will be reminded daily.</p> <hr/> <p>Try different ways of coping strategies when stressful situations arise. Find the ones that work for you. You will be better prepared when a situation comes up.</p> <hr/> <p>Discover what you like to do best and make the time to do it. Find a calming space to go to when needing to “escape” for awhile.</p>



For more information:

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The Wellness Wheel Assessment is intended for self-reflection and is not a validated tool nor should be used for diagnostic purposes.

References:

<https://www.nih.gov/health-information/emotional-wellness-toolkit>
https://mfpc.samhsa.gov/ENewsArticles/Article12b_2017.aspx
http://www.ncdsv.org/images/SAMHSA_EightDimensionsOfWellness_revised2012.pdf
<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>
<https://umatter.princeton.edu/action-matters/caring-yourself/wellness-wheel-assessment>
<https://studentwellness.uci.edu/wp-content/uploads/2015/04/Assessing-Your-Life-Balance.pdf>

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