

WELLNESS WHEEL



The wellness wheel is a visual guide to better understand the seven dimensions or areas of an individual's life that make up their overall health. These dimensions are comprised of common characteristics, identities and behaviors. Assessing needs in the seven areas can help you prevent future health problems and consequences by making healthier choices a habit and part of your everyday life.

Emotional: Emotional wellness is based on how you feel. College is stressful and it can be common to feel overwhelmed. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get 8 hours of sleep, ask for help, or see a therapist at the Counseling Center.

Intellectual: Intellectual wellness means staying curious and engaged in learning new things. Being a lifelong learner won't just make a well-rounded individual, it will make you healthier. Engage in creative and mentally stimulating activities. Read for pleasure, be aware of social and political issues, or join a club or group that focuses on enhancing intellectual interests.

Physical: Physical wellness involves maintaining a healthy body. This means moving your bodies (exercise), eating well balanced meals (nutrition), sleeping, managing stress, receiving preventative medical and dental care, and getting sexual health screenings when you become sexually active. Maintaining a healthy body is a key component to a long healthy life.

Social: Social wellness involves participation in your community and developing and nurturing healthy relationships. Having a strong social network can give you support and guidance when you are stressed or need stress relief. Additionally, these relationships can aid in the development of healthy bonding and boundary development.

Environmental: Environmental wellness means taking care of your global environment and your personal surroundings. Whether you are de-cluttering your room, recycling your trash or volunteering to clean up your environment, actively working to serve your environments can improve your health and the health of the people around you.

Financial: Financial wellness means taking steps to live within your financial means and living in, and planning for, future financial health. Learning to think short and long-term in order to manage your resources is essential for a healthy financial experience. You can do this by planning financially, creating a budget, and learning to be a good consumer.

Spiritual: Spiritual wellness is a process of understanding (or attempting to understand) beliefs, values, and ethics that help guide your life. Some folks explore their spirituality through a religious or faith community, some folks spend time in the outdoors hiking, while others meditate or practice yoga. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part to your overall wellbeing.