

Wheel of Health: Identifying Areas for Change

Instructions: The Wheel of Health includes 9 areas that are important for overall health and wellbeing. Start by reading through the short descriptions of each of the areas on the Wheel of Health.



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Compassionate Self Awareness

Compassionate self-awareness offers us the opportunity to be more in touch with our bodies, minds, and spirits in a friendly, curious, and non-judgmental way. This awareness is the moment to moment experience of body sensations, thoughts, feelings and our drive to act....in other words, how sensations, thoughts and emotions arise in us, and how they bundle together to drive our behavior. Compassionate self-awareness helps us to be conscious of what is important to us and to hold ourselves with kindness as we encounter life's challenges and successes.

Daily Rhythm & Balance

The rhythm and balance of our day to day lives can dictate not only those areas that thrive but also those that wither. This area on the wheel of health asks you to look at how you are spending the majority of your time. Do your days and weeks include time for personal and/or professional development and growth? Do you carve out time for self-care and development in the form of healthy nutrition, continuing education, movement, mind-body connection, creative pursuits, and/or social connection? This area invites you to take a closer look at where you invest your time and to become intentional with the how and why behind this. What small step might you take today to start making your daily rhythm more intentional and/or balanced?

Movement, Exercise & Play

Many adults spend over 70% of their waking hours sitting. This means that if you are awake for 15 hours, 10.5 of those hours are spent sitting in a chair, on a couch, or in your car. We've all heard that you should exercise at least 30 minutes five times a week, but what makes us want to actually get out there and move? Some of the many benefits of exercise include increased energy levels, decreasing risks of certain chronic diseases, improved sleep, improved mood, and increased life expectancy. This area invites you to look at how moving more might improve your health and thus increase your quality of life. What small step might you take today to start moving and playing more?

Food & Nourishment

The foods and fluids we consume and how we take them in, is a vital component of our overall well-being. This area on the wheel of health asks you to look at the foods and fluids that make up your daily nutrition and the manner in which you consume them. Do you opt for convenience, eating on the run and washing down a drive through meal with a soda while driving, or do you prepare whole foods, with a rainbow of colors, and sit and savor your meals? Like most people you probably fall somewhere in the middle. This area invites you to look at how you might "upgrade" your daily food & nourishment. What is one small step you can take today to start increasing nourishing foods and fluids and paying more attention while you eat?

Environment

The environments we find ourselves in, whether home, office, or landscape, have the ability to impact our overall wellbeing. As many of us know, environments can create or reduce stress. Light, air, sound, space, and color all have the ability to impact our health. Do you take time to walk in nature on a regular basis or do you spend most of your time in an enclosed room with little natural light or air? This area invites you to look at ways you might enhance your environment to be more conducive to health. What is one small step that you can take today to boost your environment?

Sleep & Rest

The quality & quantity of sleep and the amount of rest you engage in can directly impact how you feel. Sleep disturbances are common and can be caused by many factors ranging from recent increases in stress to underlying physical or mental conditions. Getting the sleep you need has been shown to increase focus, regulate the immune system, improve memory, keep weight off, and regulate mood. But, assessing whether you're getting adequate sleep isn't enough. It's important to also look at the amount of rest and relaxation you're getting on a daily basis. A good definition of rest is a "waking calm", where the person is alert and aware but also deeply relaxed. This area invites you to look at both the quantity and quality of the sleep & rest you're getting. What is one small step that you can take today to improve your sleep & rest?

Relationships & Community

Our sense of community and the opposite, our sense of isolation, have a direct impact on both our emotional and physical health. This area invites you to look at the supportive people in your life that you spend time with and reach out to when things are wonderful and not so wonderful (friends, family, counselor, co-workers). What is one small step that you can take today to strengthen your current relationships and sense of community?


Mind- Body Connection

Mind-body connection refers to your awareness of how your mind, body, and emotions interact. Research confirms that not only do our mind and emotions affect our physiology, but our body can also impact our mind and emotions. Use of practices such as guided imagery, psychotherapy or counseling, meditation, prayer, breath practices, and progressive muscle relaxation are all examples of how we can harness the power of the mind and the emotions to positively impact our body. This area invites you to look at your current mind-body connection. What is one small step that you can take today to improve your mind-body connection?

Spirit & Soul

Spirit & soul refers to that intangible part of yourself that is the essence of who you are. It may also refer to your ability to see meaning and purpose in something greater than yourself. This may include connection to nature, religious affiliation, spiritual beliefs, and/or humanitarian efforts just to name a few. This area invites you to look at the health of your spirit and soul. Is there one small step today that you can take towards nourishing this aspect of your health?

Wheel of Health Exercise Directions: In the spaces provided below consider how satisfied you are in each areas on a scale of 0 (low)-10 (very high) and what changes would make this area a 10 for you. Please also indicate if you have any questions or need additional education about any of the areas.

	<p>Compassionate Self-Awareness How aware I am of the sensations, thoughts and emotions that I experience and how they bundle together to drive my behavior, and my ability to notice these in a friendly, curious, and non-judgmental way.</p>
<p>Current Rating (0-10):</p>	
<p>What My Compassionate Self-Awareness Looks Like Now:</p>	
<p>What Do I Want My Compassionate Self-Awareness to Look Like? (what changes or enhancements would make this a 10)</p>	
<p>What Questions Do I Have About Compassionate Self-Awareness?</p>	
<p>How Ready Am I To Work On This? (Click the circle that applies)</p> <p>N/A Very Ready Somewhat Ready Not At All Ready</p>	



Daily Rhythm & Balance

How I spend my time on personal and/or professional development and growth, including time for self-care in the form of healthy nutrition, continuing education, movement, mind-body connection, creative pursuits, and/or social connection?

Current Rating (0-10):

What My Daily Rhythm & Balance Looks Like Now:

What Do I Want My Daily Rhythm & Balance to Look Like?

(what changes or enhancements would make this a 10)

What Questions Do I Have About Daily Rhythm & Balance?

How Ready Am I To Work On This? (Click the circle that applies)

N/A

Very Ready

Somewhat Ready

Not At All Ready



Movement, Exercise, & Play

The movement & exercise I do regularly. This includes activities such as walking, biking, swimming, gardening, yoga, & dancing.

Current Rating (0-10):

What My Movement, Exercise, & Play Looks Like Now:

What Do I Want My Movement, Exercise, & Play to Look Like?

(what changes or enhancements would make this a 10)

What Questions Do I Have About Movement, Exercise, & Play?

How Ready Am I To Work On This? (Click the circle that applies)

N/A

Very Ready

Somewhat Ready

Not At All Ready



Food & Nourishment

The foods and fluids (water, drinks) you put into your body on a daily basis.

Current Rating (0-10):

What My Food & Nourishment Looks Like Now:

What Do I Want My Food & Nourishment to Look Like?

(what changes or enhancements would make this a 10)

What Questions Do I Have About Food & Nourishment?

How Ready Am I To Work On This? (Click the circle that applies)

N/A

Very Ready

Somewhat Ready

Not At All Ready



Environment

The environment around you, whether home, office, or landscape, and the elements within them (air quality, noise, light, color).

Current Rating (0-10):

What My Environment Looks Like Now:

What Do I Want My Environment to Look Like?

(what changes or enhancements would make this a 10)

What Questions Do I Have About Environment?

How Ready Am I To Work On This? (Click the circle that applies)

N/A

Very Ready

Somewhat Ready

Not At All Ready



Sleep & Rest

The amount of restorative sleep and rest I get each day.

Current Rating (0-10):

What My Sleep & Rest Look Like Now:

What Do I Want My Sleep & Rest to Look Like? (what changes or enhancements would make this a 10)

What Questions Do I Have About Sleep & Rest?

How Ready Am I To Work On This? (Click the circle that applies)

N/A

Very Ready

Somewhat Ready

Not At All Ready



Relationships & Community

The supportive people in your life that you spend time with and reach out to when things are wonderful and not so wonderful (friends, family, counselor, co-workers)

Current Rating (0-10):

What My Relationships & Community Look Like Now:

What Do I Want My Relationships & Community to Look Like? (what changes or enhancements would make this a 10)

What Questions Do I Have About Relationships & Community?

How Ready Am I To Work On This? (Click the circle that applies)

N/A

Very Ready

Somewhat Ready

Not At All Ready



Mind-Body Connection

Your awareness of how your mind, body, and emotions interact. Use of practices such as guided imagery, psychotherapy or counseling, meditation, breath practices, and/or progressive muscle relaxation for healing.

Current Rating (0-10):

What My Mind Body Connection Looks Like Now:

What Do I Want My Mind Body Connection to Look Like?
(what changes or enhancements would make this a 10)

What Questions Do I Have About Mind Body Connection?

How Ready Am I To Work On This? (Click the button that applies)

N/A

Very Ready

Somewhat Ready

Not At All Ready



Spirit & Soul

Your ability to see meaning and purpose in something greater than yourself. This may include connection to nature, religious affiliation, spiritual beliefs, and/or humanitarian efforts just to name a few.

Current Rating (0-10):

What My Spirit & Soul Looks Like Now:

What Do I Want My Spirit & Soul Purpose to Look Like?
(what changes or enhancements would make this a 10)

What Questions Do I Have About Spirit & Soul?

How Ready Am I To Work On This?

N/A

Very Ready

Somewhat Ready

Not At All Ready

Other:

Any other behaviors or areas that you feel impact your overall sense of health and wellness that haven't been addressed (ie. Smoking, Emotional or Mental Health, Life Balance)

Current Rating (0-10):

What This Looks Like Now:

What Do I Want This to Look Like?

(what changes or enhancements would make this a 10)

What Questions Do I Have About This?

How Ready Am I To Work On This?

N/A

Very Ready

Somewhat Ready

Not At All Ready