



Balancing Your Wellness Wheel

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Overview

- Define wellness and the wheel
- Overview of health spheres
- Activity and goal setting

What is a wellness wheel anyway?

- WHO defines wellness as
 - “a complete state of physical, mental, and social wellbeing, not merely the absence of disease or infirmity.”



Unbalanced Wheel

- Imagine your experience with a flat tire.
- Can be:
 - Tiring
 - Hard
 - Frustrating
 - Inconvenient
 - Annoying
 - Stressful

FLAT TIRE



Physical Health



- Typical: nutrition, exercise, healthy habits
- Striving to maintain high quality of life.
- Making conscious decisions to be healthy





Emotional (mental) Health

- Typical: Feelings, emotions, reactions
- How you view yourself
 - Awareness and acceptance of feelings
- How you cope with the up's and down's of life



Spiritual Health



- Typical: religion, meditation
- Understanding of place and purpose
- Making meaning of what happens to you



Social Health

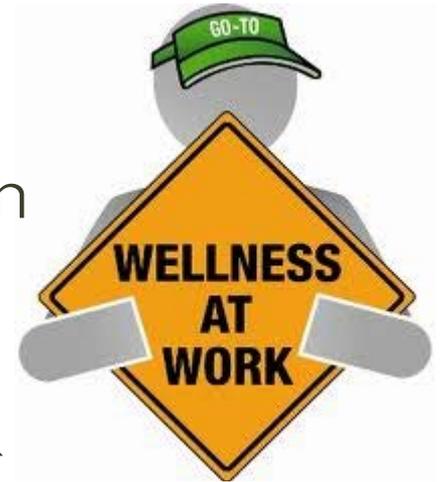


- Typical: Relationships, family, friends
- How we relate to those around us
 - support system, community interaction
- How we spend our free time with others



Occupational Health

- Typical: Skills, finances, satisfaction with work
- Using your talents to excel at work
- Balancing workplace and personal time



Intellectual Health



- Typical: Critical thinking, creativity, curiosity
- Feeling stimulated and engaged in learning
- Staying open to new ideas and perspectives

Wellness Wheel Activity



Two Differences:

1. Financial vs Occupational
2. Create Your Own

Activity Instructions

- Read each statement
- Fill in the corresponding section of the wheel to the degree you feel is accurate for you.
 - For example: physical health has 6 examples
 - If you feel you feel you are completely satisfied with this then put your dot on a 10 for this section. If you are completely dissatisfied with your performance in this area then mark your dot at 0.
 - Most people will fall somewhere in between 1-9

Example Wheel



Physical Questions

- 1. I eat a balanced nutritious diet.
- 2. I exercise at least x per week.
- 3. I do not use alcohol or use it in moderation.
- 4. I avoid street drugs.
- 5. I am a reasonable weight for my height.
- 6. I am a non-smoker.



Social Questions

- 7. I am able to resolve conflicts in my life.
- 8. I am aware of the feelings of others and can respond appropriately.
- 9. I have at least x people with whom I have a close trusting relationship.
- 10. I am aware of and able to set and respect my own and others boundaries.
- 11. I have satisfying social interactions with others.
- 12. I have a sense of belonging/ not being isolated.



Emotional Questions

- 13. I have a sense of fun and laughter.
- 14. I am able to feel and label my emotions.
- 15. I express my feelings appropriately.
- 16. I am able to comfort or console myself when I am troubled.
- 17. I have a sense of control in my life and I am able to adapt to change.
- 18. Others would describe me as emotionally stable.



Spiritual Questions

- 19. I meditate, pray, or engage in some type of growth practice.
- 20. I have a general sense of serenity.
- 21. I have faith in a higher power.
- 22. I have a sense of meaning and purpose in my life.
- 23. I trust others and am able to forgive others and myself and let go.
- 24. Principles/ethics/morals provide guides for my life.



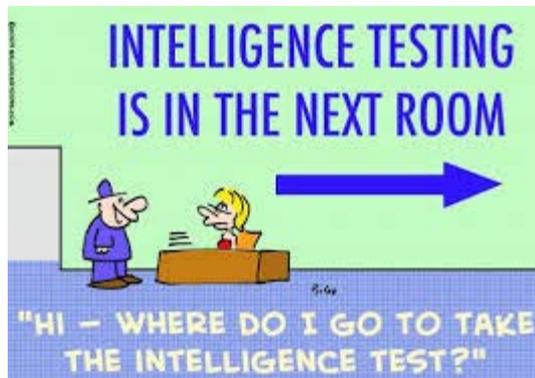
Occupational Questions

- 25. I have a solid balance between saving for the future and spending for the present.
- 26. My beliefs/values surrounding money are harmonious with my behavior.
- 27. What I am doing with work/school has purpose.
- 28. I use money positively (ex. No gambling or excessive massing of goods)
- 29. I have a balance of work and other aspects of my life.
- 30. I have financial plans for the future.



Intellectual Questions

- 31. I pursue mentally stimulating interests or hobbies.
- 32. I am generally satisfied with my education/vocation.
- 33. I have positive thoughts.(low degree of negativity and cynicism).
- 34. I would describe myself as a life-long learner.
- 35. I commit time and energy to professional and self-development.
- 36. I have specific intellectual goals (ex. Learning a new skill, etc)



Reflection

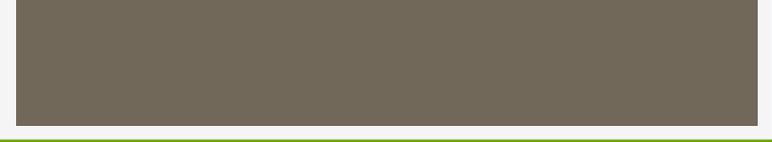
- Which section of your wheel is filled in the most?
- Which one is filled in the least?
- Did anything surprise you?
- Has anyone filled a wheel out before?
 - Did it change at all?

Goal Setting

- As a result of doing this assessment, I intend to improve my life balance by...
- My first step will be...
- I will share my plans with _____.
- I will review my progress on _____.
- Transferable skills?

Resources

- Health and Wellness
 - <http://www.uky.edu/HR/wellness/>
 - [BodyShop Fitness](#)
 - [Weight Loss Matters classes](#)
 - [Health Smart Talks](#)
 - [H&W approved Apps!](#) (Happy Tapper, MFP)
 - [Tobacco Cessation](#)
- [BeH.I.P. coaching](#)
 - Weight management, nutrition, back care, stress, blood pressure, cholesterol management, etc



Questions?

Promo Slide

- Next Lunch and Learn
 - Dec 11th Topic TBD
 - 127 Commons Wethington
- Challenges coming up...
- Heart and Sole 5k Feb 15th 10am