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 well-being, 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
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

Wellness Wheel

Create Your Own

SELF WELLNESS
Not balanced
Not round

FINANCIAL

EMOTIONAL

INTELLECTUAL

PHYSICAL

SOCIAL

SPIRITUAL

MENTAL

ENVIRONMENTAL

OCCUPATIONAL

PHYSICAL
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.)

INTELLIGENCE TESTING IS IN THE NEXT ROOM

“HI - WHERE DO I GO TO TAKE THE INTELLIGENCE TEST?”
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/](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