

EMOTIONAL

This is focused on identifying, understanding, and expressing emotions.

For example: Going to therapy, journaling, self-care practices, practicing mindfulness regarding your emotions and stressors, asking for help when needed.

PHYSICAL

These are small things you can do to take care of your physical health. *For example: nutrition, medication management, limit substance use, scheduling dr. appts., engage in body movement, sleep, etc.*

INTELLECTUAL

These are tasks to help challenge and grow your brain. *For example: Engage in hobbies, take a class, brain games, learn something new, have a friendly debate with a friend or family member, etc.*

FINANCIAL

By taking a look at your finances and creating financial goals even in small steps is a great way to contribute to overall wellness. *For example: Creating a budget, tracking your spending, reflect on your work, create a resume, etc.*

WELLNESS WHEEL: A LOOK AT SELF CARE PRACTICES

When we think about self-care, we often think about it in terms of luxuries: *A bubble bath, a fancy coffee drink, a new movie, or piece of technology.* But in fact, self-care is focused around actions to support various aspects of wellness helping us to function and thrive.

Sometimes, it can be hard to think of daily tasks that count as self-care making it seem too big to complete. Enter in the wellness wheel!

Developed by Dr. Bill Hettler in the 1970's, these eight dimensions of wellness help us to assess, organize, and improve self-care helping us to find balance in our lives.

For more information check out:

<https://library.samhsa.gov/product/creating-healthier-life-step-step-guide-wellness/sma16-4958>

SPIRITUAL

Reflect on your beliefs and values that help you make meaning in the world. *For example: Explore your core values, look for groups in your community to share spirituality, take time to pray, reflect, or daily meditation.*

SOCIAL

This area of wellness involves building your social connections within your family and community. *For example: Asking a friend to coffee, cook a meal with your family, volunteering, join a support group, join a new activity focused on meeting new people, etc.*

ENVIRONMENTAL

This is feeling safe in and contributing to making a safe environment for people in your community. *For example: Cleaning a room in your house, organizing your important documents, going through your email, recycling, picking up trash on your street, spending time in nature*

OCCUPATIONAL

Occupational wellness is not only feeling purpose in your work but also building community within your work. *For example: Reflect on how aligned your values are in your work, carve out balance between home and work, celebrate your accomplishments, etc.*

