

My Wellness Wheel

Your well-being is like a wheel. This Wellness Wheel shows nine different dimensions of your life to consider. Each dimension of wellness is interconnected and influenced by the other components; this means that each aspect of wellness is equally important to finding balance (aka thriving) in your life.

Analyze your well-being based on areas you feel you are currently thriving in. What activities do you engage in for each dimension of wellness that support your well-being?

Also consider areas of your wellness that you can enhance, again thinking of activities you can use to develop that aspect of well-being.



It is also important to note your own limitations. Having a balanced wheel is more important than having one or two areas you are extremely strong in. Allow yourself to envision balance as more vital than a percentage of success in one specific dimension. This tool is meant to be an ongoing reflective exercise for you on your wellness, and the balance you find in these dimensions may look different in a few weeks or months from now.



Capacity to Connect: Supporting Students'
Mental Health, Wellness Wheel Handout
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