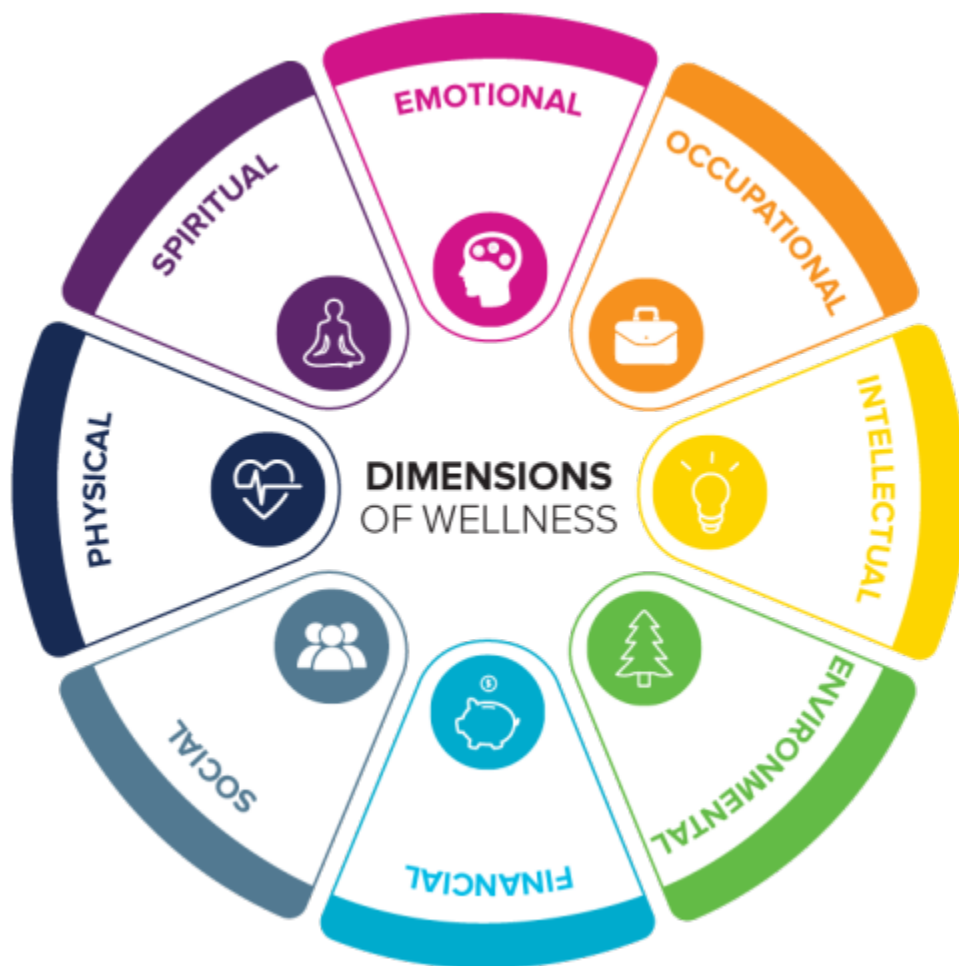


The Wellness Wheel



Wellness means caring for your whole self—body, mind, relationships, and environment.
Small steps in each area make a big difference.

Remember: Improving one dimension often helps the others.

Highlights

Financial

Definition: Managing your money wisely.
Tip: Save a little each week—small amounts add up.

Social

Definition: Building healthy relationships.
Tip: Plan time with friends or family.

Occupational

Definition: Finding satisfaction in work, volunteering or school.
Tip: Set one goal and celebrate progress.

Environmental

Definition: Living in a safe, healthy space.
Tip: Declutter one area; add a plant.

Physical

Definition: Caring for your body.
Tip: Move daily—walk, stretch, or play

Emotional

Definition: Understanding and managing feelings.
Tip: Talk to someone you trust when stressed.

Spiritual

Definition: Finding meaning and purpose.
Tip: Take 3 quiet minutes to reflect each day.

Intellectual

Definition: Keeping your mind active.
Tip: Try something new—read, puzzle, or learn a skill.