

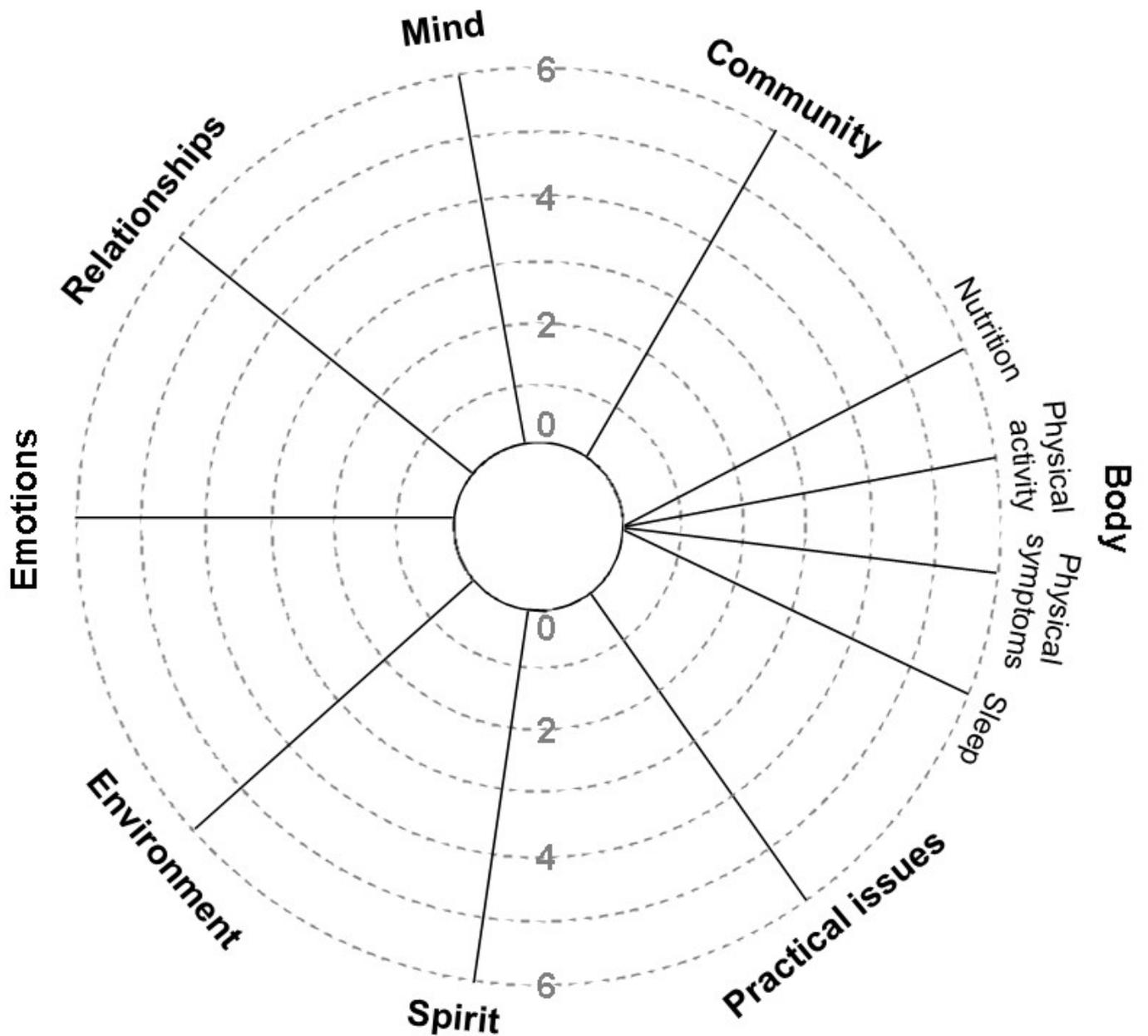
# Health and Wellbeing Wheel

Name .....

Date .....

Please mark your scores to help you track your overall health and wellbeing and identify the areas where you need more support.

6 = maximum wellbeing, 0 = minimum wellbeing



## Filling in the Health and Wellbeing Wheel

The Health & Wellbeing Wheel is a way to track your overall health and wellbeing and identify the areas where you need more support.

Perhaps you have always taken very good care of your body with regular exercise, but have paid less attention to your emotional health? Perhaps you have never really thought about your spiritual health before?

Take a moment to think about your health in each of the areas on the wheel. Where are you right now? Make a mark between 6 = "as good as it could be" and 0 = "as bad as it could be" in each area. Now join the marks for an overall picture of your whole health.

Write notes on the back of the wheel to record why you rated the scores as you did. You can refer to these when you come to review the wheel in 6 weeks time.

This wheel can help you recognise what supports your energy and health and what drains it. You can use it as a tool to help you bring more support to areas of your life that need it and to develop your resilience.

### These are the types of things you might like to consider.

**Spirit** How in touch do you feel with the things that give meaning and joy in your life? What are your sources of joy and strength? How connected do you feel? Are you able to get in touch with a sense of peace or stillness?

**Mind** How well are you able to manage your stress, and how much does it affect you? How helpful is your pattern of thinking and how much does it get in your way? What are your levels of anxiety like?

**Emotions** How easy is it for you to know what you're feeling? Can you express how you feel? Are there some feelings you won't allow yourself or are unable to shift? Are you depressed?

**Relationships** Who are the people who matter most to you? Are there other important relationships in your life, perhaps with a pet? Are you able to share your feelings and experiences? Do your close relationships support you, or do they drain you?

**Community** What is the social atmosphere like at work or in your neighbourhood? Do you have friends locally or neighbours that you get along with? Are you getting what *you* need from *your* community?

**Practical Issues** How is your work or financial situation affecting your health? Are there other practical demands on you, such as caring for children or elderly parents? Are day to day things like cooking and cleaning a problem for you?

**Environment** Do you feel safe? How do the places you live and work in affect you? Is there fresh air and natural light? What are the noise levels like? Can you get out into nature or be outdoors easily? What do you need around you to feel comfortable?

**Body** How are you physically? Are you in pain? Do you sleep well? How mobile are you? How is your digestion? Your levels of energy? Are you looking after your body by eating well and staying physically active? If you are doing well with exercise but need more support with healthy eating, rate your score somewhere in the middle.