**The Dimensions of Wellness
Wellness Wheel Self-Assessment & Self-Care Action Plan**

Wellness encompasses seven interdependent dimensions: physical, social, vocational, environmental, financial, spiritual, and mental. These dimensions work in harmony and contribute to our overall quality of life.

**Physical wellness** is the ability to maintain one’s physical health, safety, and quality of life through a variety of healthy behaviours including regular exercise, proper nutrition, adequate sleep, and self-care. Physical wellness also involves preventing illness and injury, and seeking medical assistance when necessary.

**Social wellness** refers to our relationships and how we interact with our community. Social wellness involves developing communication skills, building healthy relationships, and creating a support system of family, friends, and peers. Having good social wellness contributes to our resilience, self-esteem, and a sense of belonging.

**Vocational wellness** involves using your skills, talents, and gifts to gain personal satisfaction, happiness, and enrichment from your work to live a fulfilling life. Vocational wellness also refers to seeking out endeavors such as volunteerism and interests that are rewarding, provide meaning and enact positive change.

**Environmental wellness** refers to how the environment impacts our wellness and involves learning about—and contributing to—the health of the planet. Environmental wellness promotes connecting with nature, establishing a sustainable lifestyle, protecting natural resources, and eliminating waste. It involves maintaining a strong environmental consciousness and having respect for your surroundings.

**Financial wellness** involves the ability to meet financial obligations, feeling secure about your financial future and making choices that allow you to enjoy life. Financial struggles are a common source of stress and anxiety and can impact all aspects of wellness.

**Spiritual wellness** involves developing a set of guiding values, morals, principles, and beliefs that give direction to one’s life by providing a sense of meaning, and purpose. While spirituality may involve engaging in religious practice, it's not required to achieve spiritual wellness.

**Mental wellness** includes all aspects of mental health and emotional wellbeing. It includes how you feel, think and cope with challenges in your daily life. Mental wellness also includes the ability to experience a range of human emotions and to develop positive feelings about yourself. Mental wellness can impact all other dimensions of wellness.

**Take the Self-Assessment**Read each statement and select the number that corresponds to how frequently (Always, Often, Sometimes, Rarely, Never) you complete the statement. Total your scores within each dimension and then colour in the blank wellness wheel below.

Important things to remember:

1. Everyone’s wheel is different and that’s okay.
2. Balance is key. Gain awareness of where your energy is being focused.
3. Wellness is fluid, and changes over time. Revisit your wellness wheel periodically and adjust your goals accordingly.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **PHYSICAL** | Never | Rarely | Sometimes | Often | Always |
| I accumulate at least 150 minutes of moderate to vigorous physical activity each week. | 1 | 2 | 3 | 4 | 5 |
| I eat a balanced diet. | 1 | 2 | 3 | 4 | 5 |
| I get 7-9 hours of good-quality sleep on a regular basis. | 1 | 2 | 3 | 4 | 5 |
| I limit sedentary time (no more than 3 hours of recreational screen time and break up long periods of sitting). | 1 | 2 | 3 | 4 | 5 |
| I seek medical assistance when necessary. | 1 | 2 | 3 | 4 | 5 |
|  TOTAL:  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SOCIAL** | Never | Rarely | Sometimes | Often | Always |
| I have a network of people (family, friends, peers) who I can count on. | 1 | 2 | 3 | 4 | 5 |
| I keep an open mind to new experiences and meeting new people. | 1 | 2 | 3 | 4 | 5 |
| Within my relationships, I am comfortable communicating my thoughts and feelings. | 1 | 2 | 3 | 4 | 5 |
| I maintain a positive balance with my use of social media. | 1 | 2 | 3 | 4 | 5 |
| I volunteer on campus or in the community. | 1 | 2 | 3 | 4 | 5 |
|  TOTAL:  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **VOCATIONAL** | Never | Rarely | Sometimes | Often | Always |
| My wok gives me a sense of fulfillment. | 1 | 2 | 3 | 4 | 5 |
| I set short- and long-term career goals. | 1 | 2 | 3 | 4 | 5 |
| I am open to learning new skills. | 1 | 2 | 3 | 4 | 5 |
| I network and build relationships with my colleagues. | 1 | 2 | 3 | 4 | 5 |
| I maintain a positive balance between work and life. | 1 | 2 | 3 | 4 | 5 |
|  TOTAL:  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ENVIRONMENTAL** | Never | Rarely | Sometimes | Often | Always |
| I spend time outdoors and connect with nature. | 1 | 2 | 3 | 4 | 5 |
| I Reduce, Re-use, and Recycle. | 1 | 2 | 3 | 4 | 5 |
| I conserve energy. | 1 | 2 | 3 | 4 | 5 |
| I educate myself on environmental issues. | 1 | 2 | 3 | 4 | 5 |
| I aware of my interactions between the environment and the community. | 1 | 2 | 3 | 4 | 5 |
|  TOTAL:  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **FINANCIAL** | Never | Rarely | Sometimes | Often | Always |
| I maintain a balanced budget. | 1 | 2 | 3 | 4 | 5 |
| I set short- and long-term financial goals. | 1 | 2 | 3 | 4 | 5 |
| I make use of discounts, promotions, and benefits available to me. | 1 | 2 | 3 | 4 | 5 |
| I meet my financial obligations. | 1 | 2 | 3 | 4 | 5 |
| I feel secure about my financial future. | 1 | 2 | 3 | 4 | 5 |
|  TOTAL:  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SPIRITUAL** | Never | Rarely | Sometimes | Often | Always |
| I live by a set of guiding values, morals, principles, and beliefs. | 1 | 2 | 3 | 4 | 5 |
| I have purpose in my life. | 1 | 2 | 3 | 4 | 5 |
| I find meaning in life events. | 1 | 2 | 3 | 4 | 5 |
| I make time for reflection. | 1 | 2 | 3 | 4 | 5 |
| I practice compassion and open-mindedness. | 1 | 2 | 3 | 4 | 5 |
|  TOTAL:  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MENTAL** | Never | Rarely | Sometimes | Often | Always |
| I have a positive outlook on life. | 1 | 2 | 3 | 4 | 5 |
| Self-care is a part of my regular routine. | 1 | 2 | 3 | 4 | 5 |
| I use positive coping strategies to address life’s challenges and stress | 1 | 2 | 3 | 4 | 5 |
| I use respectful language to help reduce stigma. | 1 | 2 | 3 | 4 | 5 |
| I know where I can access support resources, such as the Employee & Family Assistance Program. | 1 | 2 | 3 | 4 | 5 |
|  TOTAL:  |  |  |  |  |  |

**Colour your Wellness Wheel**

Physical

Social

Mental

Vocational

20

25

15

10

5

Spiritual

Environmental

Financial

**Reflection**
Image your completed wellness wheel as the wheel of a bike – if you were riding the bike, would it wobble or roll smoothly?

**Self-Care Action Plan**Striving for wellness involves taking a proactive and personalized approach within each dimension.
Take action to develop healthy goals, habits, and coping strategies by determining the following:

1. An action that you can **START** doing to prioritize your self-care.

START: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. An action that you can **STOP** doing that is a barrier to your self-care.

STOP: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. An action that you can **CONTINUE** doing to support your self-care.

CONTINUE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_