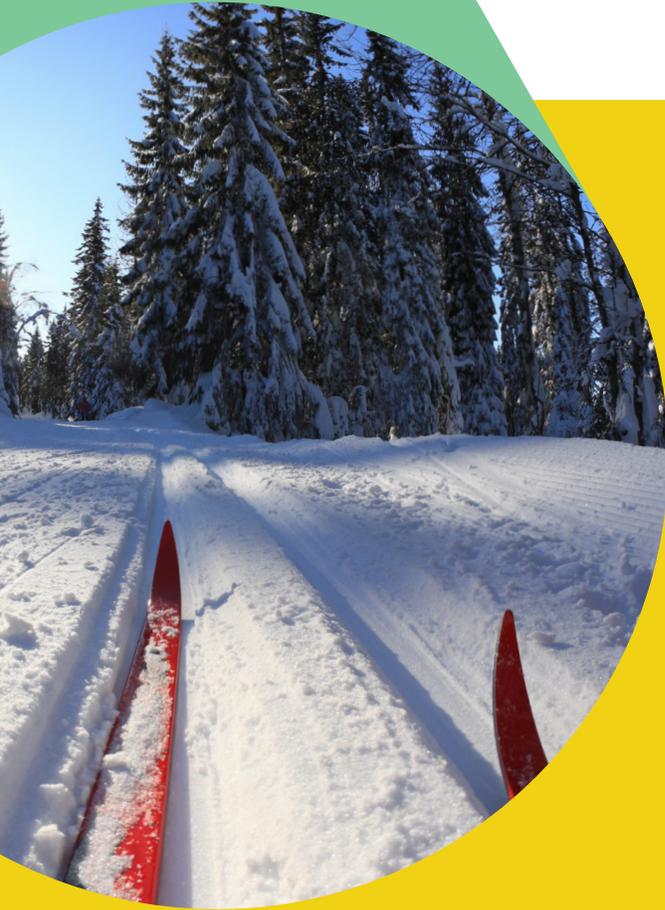


# DIMENSIONS OF WELLNESS

## Self-Assessment



The Dimensions of Wellness (DoW) can be broken down into eight different states:

- Social
- Emotional
- Spiritual
- Physical
- Environmental
- Occupational
- Intellectual
- Financial

Each of the DoW act and interact in ways that contribute to our quality of life and overall well-being.

Use this activity to reflect on the DoW your team members want to nurture and those that require additional attention. Knowing which aspects are in-balance and where additional focus is needed, will help your team better understand and improve their overall well-being.

→ [wellness.asebp.ca](http://wellness.asebp.ca)

**TIME TO COMPLETE:** 10 to 15 minutes



### Instructions:

- 1 Invite participants to review each DoW, using this [guide](#) or the worksheet on the next page.
- 2 Ask participants to look at the Wellness Wheel and rate each DoW from 1 to 6 for each area in their life.
- 3 Next, invite participants to complete the following questions on the worksheet:
  - Which areas are my strengths?
  - Which areas do I want to work on?  
What obstacles might I encounter?
  - How can I make improvements?
  - What could I try this week?

### Discussion:

- Are some of the DoW easier to focus on than others? Why might this be?
- What gets in the way of focusing on DoW areas with the lowest ratings?
- How can you overcome potential obstacles that prevent you from improving the areas with the lowest ratings?

**Take a moment** to remind participants that the DoW are strength-based so everyone will identify different strengths and areas of improvement. Encourage them to pick one area to focus on for the next week, then ask them to check-in on these feelings and observations. Did anything change?

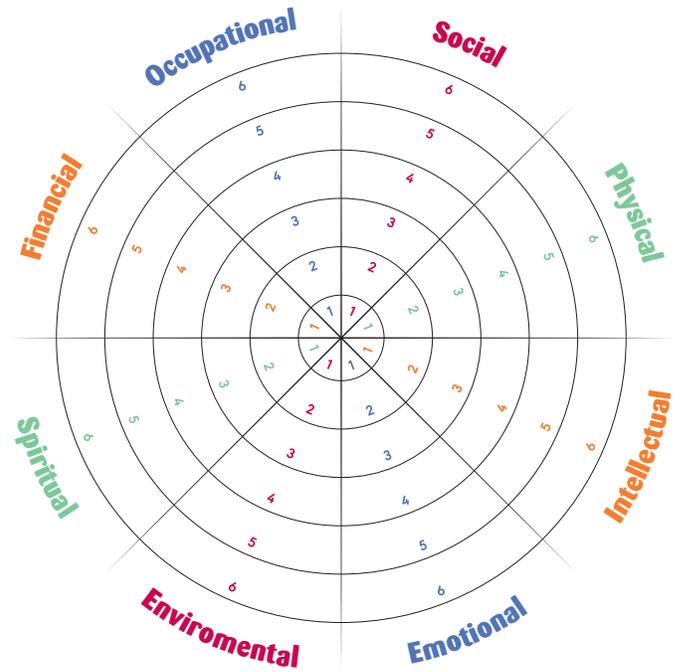
**Consider** revisiting this exercise with your team down the road to see if they were able to implement positive changes, and brainstorm and share what strategies worked well for them.

# Wellness Wheel

## Self-Assessment

### Instructions:

Reflect on each of the dimensions of wellness in the diagram on the right. On a scale between 1 at the centre and 6 at the outer ring, indicate your current state of wellness for each area. Shade in each section to show how balanced your wellness wheel is and where strengths and opportunities exist.



### Legend

- |                            |                           |
|----------------------------|---------------------------|
| 1. It needs a lot of work. | 4. It's going well.       |
| 2. It needs some work.     | 5. It's going great!      |
| 3. It's okay.              | 6. It couldn't be better! |

Which areas are my strengths?

How can I make improvements?

Which areas do I want to work on?  
What obstacles might I encounter?

What could I try this week?

### Sources

- Wellness Wheel Self-Assessment. (n.d.) Comprehensive School Health Hub. Retrieved April 19, 2021 from: <https://cshhub.com/wp-content/uploads/Wellness-Wheel-Self-Assessment.pdf>
- Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29, (4) 311- 314