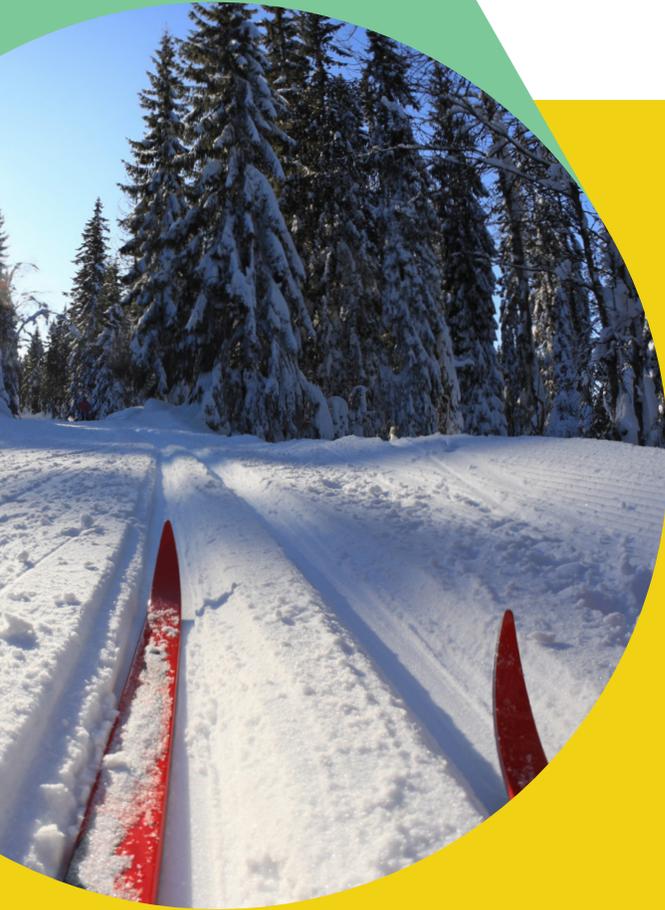


DIMENSIONS OF WELLNESS

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.

→ TheWellnessSandbox.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?

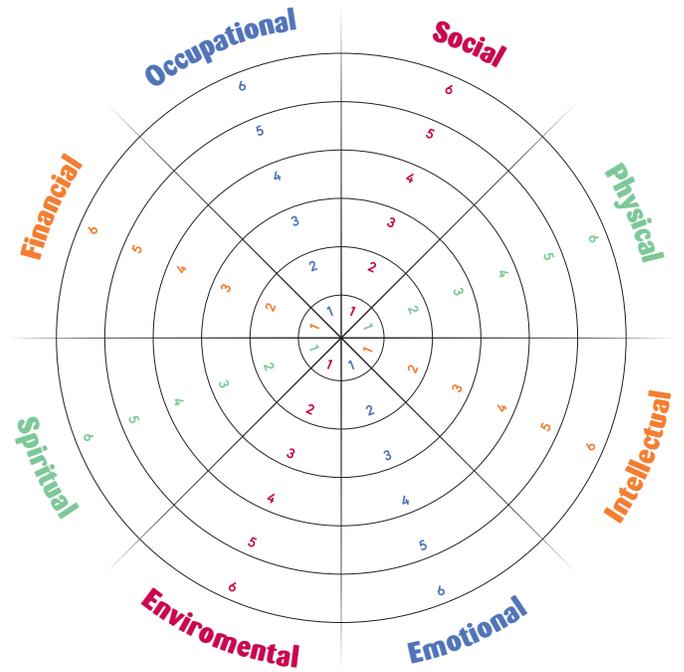
Consider revisiting this exercise with your team down the road to see if they were able to implement positive changes, and brainstorm and share what strategies worked well for them.

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