THE WELL-BEING WHEEL



There are eight distinct areas of the Well-Being Wheel, and each one plays an important role in your overall mental and physical well-being. It's important to consider each of these eight areas when making changes in your life, in order to ensure whole-person health and happiness.

NOURISHMENT

PROFESSIONAL

GROWTH

PURPOSE

Below is a brief explanation of each dimension of the Wheel.

This section refers to food and other substances necessary for growth, health, and good condition. There is strong evidence for a connection between how you eat and how you feel, both mentally and ldeally, physically. Dr. Drew Ramsey said, "Look at the end of your your work fork -- is this what you want to make your brain out is about more of?" Putting high-quality gas in the tank, so than a paycheck. to speak, means your engine (your brain and your body) will run smoothly and efficiently.

interests to be your personal best at work gives you the power to transform a "job" into a "career," adding meaning and depth to your day-to-day life. When we spend five days each week at work, it's important to make sure that the time spent there feels fulfilling, fun, challenging, and worthwhile.

Having interests and hobbies

that bring meaning to your life

outside of daily responsibilities

greatly enhances your general health and happiness. Purpose can guide life decisions, influence behavior, shape goals, offer a sense of direction, and create meaning. Passion Your is the emotional drive to do what environment you do; it is the emotional plays an enormous role in spark that gets you vour overall well-being, whether or not moving forward with you realize it, and 'environment' can mean what you want to a lot of different things: spaces where you live and do with your work (including safety, light, noise, toxins, and color), life. as well as landscapes surrounding those spaces, your workspace, the person you sit next to at work, the city in which you live, and more. The people, places, and things (think: clutter) that surround you affect your mind and body more than you know.

You guessed it; this section encourages you to prioritize moving your body. Movement is about so much more than cardio and crunches -- it actually leads to improved thinking, stronger relationships, and greater meaning in life. Even if it's You've only for 10 minutes each day, addressing this area heard the is crucial to your overall happiness. Movement saying, "perspective includes activities of daily living such as is everything," and cleaning, as well as exercise activities it's true. It's important to like dancing, yoga, walking, running, and cycling. pay attention to the connection between the mind and body and the effects they have on each other. The way you view the world around you

MINDSET

COMMUNITY

+ CONNECTION

Taking

time for yourself

RESTORATION

actions. With the right mindset, forward momentum is truly possible
-- but getting to that mental state often requires some work.

completely shapes your thoughts and

Believe it or not, social connection is just as critical to your health as eating vegetables and exercising. Having a community where you can be yourself and feel a sense of belonging not only improves physical health and emotional well-being, but research has shown that a strong sense of community can increase lifespan and strengthen the immune system. Having a strong community means spending time with family, rtant friends, and co-workers who are supportive and with with physical

has never been more important
now that we live in the digital age, and that
is where this section comes in, with physical
(getting the proper amount of quality sleep),
mental, and emotional restoration. Rest is a beneficial
state that is intentional, temporary, and restorative. While
sleep is the most valuable way to "restore" your energy and
improve your mood, self care rituals and other activities that bring
you peace are just as critical for this.