

Wellness wheel is a good measurement of individual wellness

Healthy living requires a multidimensional approach. Just because you may exercise regularly and eat a healthy diet, does not necessarily mean you live a healthy lifestyle. You are a whole being and therefore need to examine all the facets of your life. Below is the wellness wheel with the components listed. Although you may find many versions of the wellness wheel, they all essentially cover the same aspects.



Physical: exercise, nutrition, sunlight, rest

Intellectual: education, career, mental health

Emotional: mental health, relationships, mood, feelings

Spiritual: religion, higher power, universe

Occupational: career, security

Environmental: relationships, culture, safety

Social: relationships, activities

If any one of these components is out of balance, you will not reap the benefits of living as healthfully as you otherwise could. It is natural that some areas will take more of your attention than others throughout various stages of your life. However, if you were to continuously spend twelve hours or more per day on work, less than one hour with your family, and zero time exercising, all while skipping breakfast and eating fast food for dinner, you would be significantly out of balance and your overall wellness could suffer.

What can be done? Examine your lifestyle and determine whether or not you are in balance. You can usually detect that something is out of balance by how you feel. If you are unsatisfied with your life, chances are that something is out of balance. Take some time to reflect on what you would be able and willing to do to take steps toward balancing your lifestyle better. The reward will be a happier, healthier you!