Wellness

DISCOVER YOURSELF

WELLNESS WHEEL RESULTS AND ACTION GUIDE

NH Extension

Aging WELL

CONGRATULATIONS!

You have finished the Wellness Wheel Assessment and taken the first step to understanding where you currently are in your well-being journey.

WHAT DO THE RESULTS MEAN?

First, use this action guide to identify your strengths and dimensions that need improvement.

Secondly, use the reflection and action plan tools in this action guide to create a custom plan that will work for you!

Addressing improvement areas, recognizing and celebrating dimensions we are strong in, leads us to a more balanced well-being for the best versions of ourselves.

8 DIMENSIONS OF WELLNESS

Click on icon to watch the video

Occupational-Personal satisfaction and enrichment derived from ones work.

Environmental- Good health by occupying pleasant, stimulating environments that support well-being.

Intellectual- Recognizing creative abilities and finding ways to expand knowledge and skills.

Spiritual- Expanding your sense of purpose and meaning in life.

Emotional- Coping effectively with life events and creating satisfying relationships.

Physical- Recognizing the need for physical activity, diet, sleep and nutrition.

Financial- Satisfaction with current and future financial situations.

Social- Developing a sense of connection, belonging, and a well-developed support system.

UNDERSTANDING WELLNESS SCORES

WELLNESS SCORES

Use your assessment scores to color in each dimension from the center of the pie slice from 1 through 5. Your wheel could look like this sample version example.

Scores:

4 to 5: This is a strong dimension for you and gives you an opportunity to focus on other dimensions that need improvement and attention.

3: You are satisfied in this dimension but could fine tune small areas that need improvement.

1 to 2: This is a "caution" area that could lead to potential health risks if steps aren't taken to make improvements. This should be a focus for your personalized action plan.

The Wellness Wheel Assessment is intended for self-reflection and is not a validated tool nor should it be used for diagnostic purposes.

REFLECTIONS

Each person's results will be unique. There is no right or wrong way to take action. The important thing IS to take some actionable steps. Responses will vary depending on your age and life stage.

What dimenSionS am I StrongeSt in (4 to 5) ?

What dimenSionS can I improve (1 to 2) ?

What do I like about my wellneSS wheel?

What do I want to change?

Where can I inveSt my time, energy & money to increaSe overall SatiSfaction?

Additional InSightS....

First Steps

Taking the firSt StepS...

Look at your wellness wheel scores and decide which dimensions you are willing to work on.

ChooSe One:

It can get overwhelming and distracting to focus on all the areas you might want to improve. Take a moment to celebrate your strengths! Then choose one dimension to focus on.

AS a ReSult:

- Think about your current lifestyle and how you want to improve it?
- What does your future lifestyle look like?

Motivation

Motivation, SupportS and BarrierS can make or break any well intentioned action plan. It is important to think about what was successful in the past as well as what barriers prevented you from achieving your goals.

ASk YourSelf:

- I want to work on this dimension because….it is rooted in….(values, beliefs, something else?)

Make a LiSt:

- What supports are in place to help you reach your goals?
- What barriers could appear that might keep you from achieving your goals?

Ideas to get started...

(SAMHSA) has identified the following suggestions for improving all 8 dimensions. Click on the icon for the full guide.

Occupational

- Mentor a new employee or look for a mentor if you are new to the workplace.
- Use online calendars and tracking tools to help balance work and life obligations.
- Take advantage of professional development opportunities..
- If you receive disability benefits or want to calculate social security benefits click here to calculate the amount you can earn.

Environmental

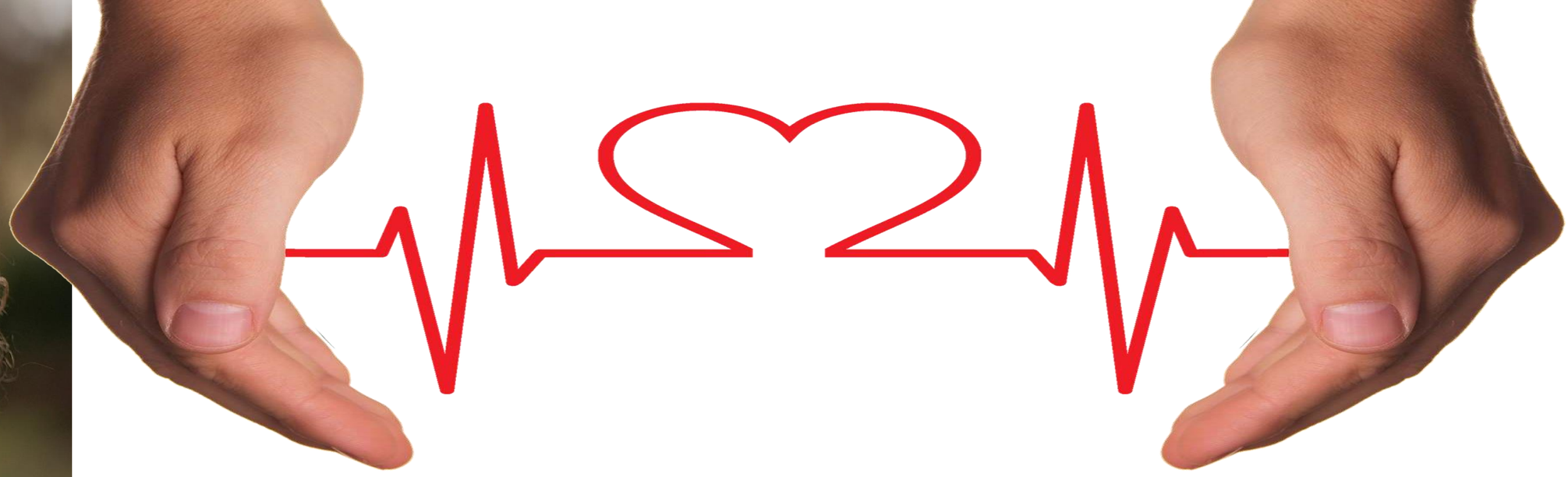
- Explore "green" products for use in your home or garden.
- Get rid of clutter, donate items, minimalize.
- Play upbeat music while doing chores.
- Look at websites to collect ideas of fun ways to spruce up your living space by recycling things you already have.

Intellectual

- Explore online travel sites, learn about a new culture.
- Take part in stimulating conversations.
- Learn a new language, musical instrument, or develop a new skill.
- Become familiar with websites such as Games for the Brain
- Do crosswords, puzzles, Sudoko.

Spiritual

- Find a peaceful place to walk, reflect and meditate.
- Look for groups in your area that you can connect with others to have deep, meaningful conversation.
- Share your beliefs, values and principles with others when appropriate and learn about theirs to expand your world view and deepen relationships.



Emotional

- Consider using a journal to express your thoughts and feelings. Draw, doodle, write.
- Use a relaxation app to fall asleep.
- Develop a personal affirmation statement. Use it when things seem overwhelming. Post it on your mirror or somewhere you will be reminded daily.
- Try different ways of coping strategies when stressful situations arise. Find the ones that work for you. You will be better prepared when a situation comes up.

Physical

- Check out local food co-ops and farmers markets for fresh produce and local grown food.
- Keep track of resources that will help keep a sleep schedule and plan meals.
- Cut back on caffeine. Establish a bedtime routine.
- Watch YouTube videos to learn yoga or new exercise/movement strategies.

Financial

- Use Online banking apps with features like budgeting and tracking to keep account of spending and paying bills on time.
- Take a financial planning class and learn more about identifying your goals and opportunities.

Social

- Check out volunteer opportunities in your local communities and/or join a club or organization.
- Learn about Meetup, with over 58 million members and 20 years of real connections. It is an online app that caters to all sorts of interests and hobbies both virtual and in person. Start your own Meetup group around a hobby or interest that you have if there isn't one close to you.

STEPS

What habits, routines or actions will I take to close the gap for the dimension I identified?

When will I take this action?
(Daily, weekly, monthly)

What do I need to execute this action? (space, time, money, membership, equipment, expertise)

Who will I do this with?
(alone, friends, group)

My accountability partner is?
I will share my plan with?
I will ask for support by saying ". "

I will review my progress on (date)...

I will celebrate small successes by ....

ActionS to be taken

✓ Be Specific & Detailed

Guide Action

Click on the "S" to take our quick survey. Let us know what you think of the Wellness Wheel Assessment.

FEATURED

Take Charge!

Visit the Moving Forward section of the website for ideas on getting involved in your community and educational opportunities to increase your health and well-being in all 8 wellness dimensions.

Click on icon to view website

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DISCOVER MORE...

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture, and New Hampshire counties cooperating.