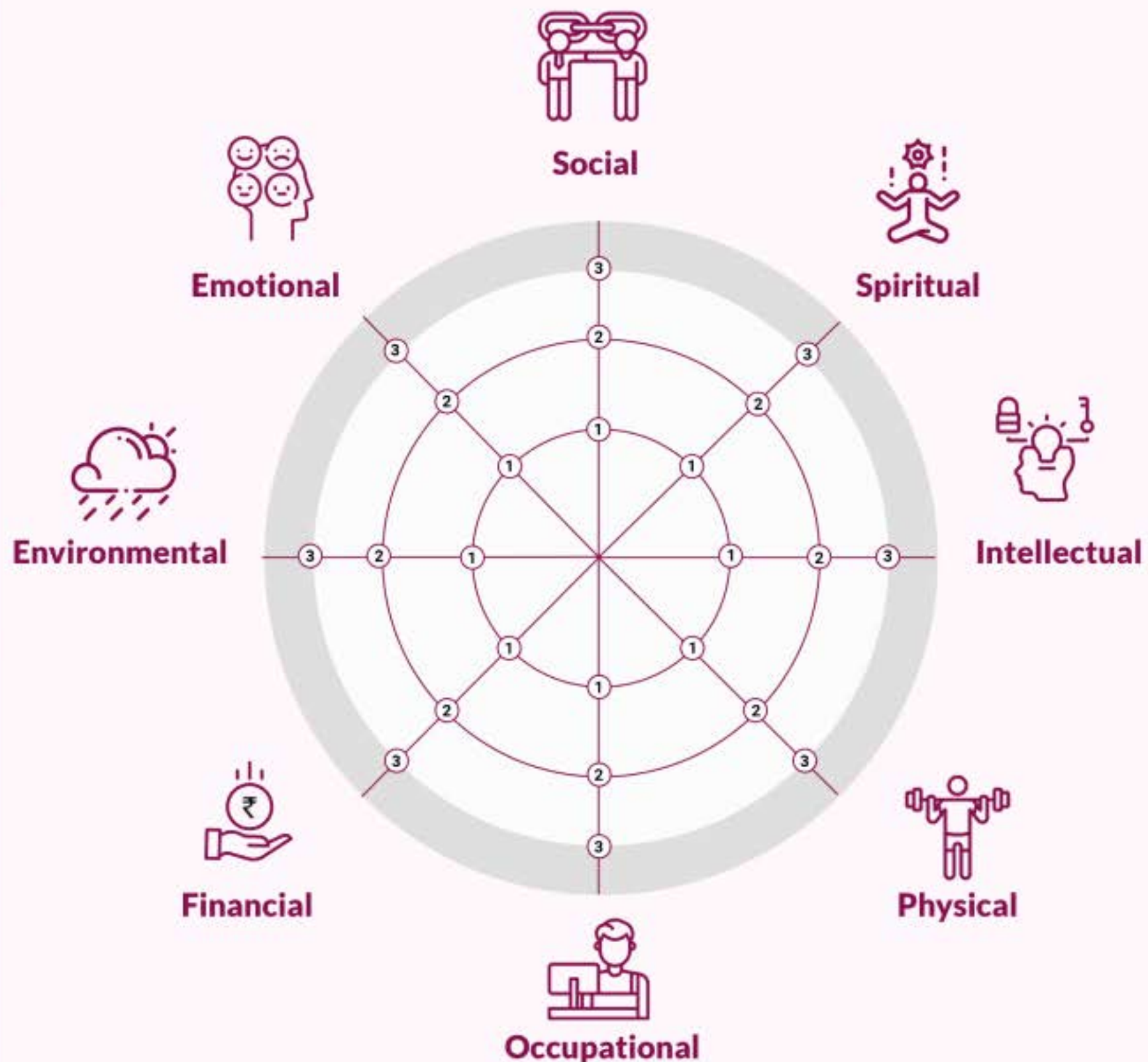


Balance Your Wellness Wheel

Wellness is a positive and life-affirming approach of achieving balance in all dimensions of life. These dimensions are interconnected & affect each other. To achieve overall wellness, analyse how you have been doing in the following 8 dimensions of well-being.

What you need to do:

- Carefully consider the questions given in each section of the wellness wheel, and answer them.
- For every "yes", give yourself 1 point, and for every "no," mark yourself with a 0.
- After completing the wheel, identify those sections where you have scored less than 2.
- These are the dimensions you need to focus on to improve your overall wellness. Contact our counsellors to know the best ways to do that.



Social	Spiritual	Intellectual	Physical	Occupational	Financial	Environmental	Emotional
Do I have people in my life that I can trust?	Do I engage in religious or spiritual activities and practices?	Do I like learning new skills?	Do I eat a balanced nutritional diet?	Do I take pride in my occupation?	Am I using my money wisely?	Am I aware of how I might contribute to pollution?	Am I able to express a variety of emotions such as sadness, anger, joy, fear, etc.?
Do I keep in touch and stay connected with others?	Do I have a sense of meaning and purpose in life?	Do I spend time on personal and professional development?	Do I exercise regularly?	Have I set realistic career goals?	Do I have a budget, and am I able to save money?	Do I try to use eco-friendly products?	Do I have control over my emotions?
Do I take part in social events or gatherings?	Do I have a feeling of inner peace?	Do I enjoy engaging in books, articles, or other content that interests me?	Do I get enough sleep every day?	Am I making progress toward my career goals?	Do I have financial goals and plans for the future?	Do I engage in recycling practices?	Do I reach out for support when I am upset?