

Getting Started:

Often others can see changes in our mental health before we can. In addition to the mental health continuum, a great practice is to look at core areas of your life that contribute to your mental health. These areas can be different for everyone. They can include physical, social, financial, emotional, mental or occupational.

A wellness wheel helps you quickly take stock of where you are and help make plans for small steps to change when things are out of balance. There are 3 easy steps:

1. Establish core areas you define as wellness in your life, a sample is provided here.
2. Review each area on a scale of 1-5 to establish your current baseline, and where are you now. Understanding your baseline helps you know yourself (like understanding what factors contribute to your version of 'healthy' in the green zone of the mental health continuum).
3. Pick area(s) of your wellness wheel that will help you find balance again. Brainstorm actions and support that could help. Consider sharing with someone close to you, they can help with ideas or actions.



Self Check-in:

What is your baseline?
What actions & supports will help?

Implementation:

This tool can be used seasonally, monthly or weekly. Designed for your personal reference or you can share with a trusted colleague or leader.

Consider bringing a version of a wellness wheel into a team huddle, share ideas of actions that can help with balance and wellness as individuals and as a team, especially in the middle of a busy day or season.

**Want more ideas on what
this could look like?**



**Connect with
us today!**