

Wellness Wheel Activity

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Wellness Wheel Activity
Activity instructions Read each statement; Fill in the corresponding pie-shaped section of the wheel to the degree you are achieving this; For example, question #1 is: "I eat a balanced nutritional diet"; If you feel you are doing this 100% of the time, color in all of section 1. If you do this 60% of the time,

Balancing Your Wellness Wheel - Maryville, MO
Free Wellness Wheel Activity. Gimme the Freebie! Thank you for subscribing! Today, I'm sharing my absolute favorite tool for teaching students about health, the Wellness Wheel. Just in case you're new here, I teach health using a comprehensive approach with the goal of building sustainable wellness.

My Wellness Wheel Health Activity - Project School Wellness
The experiential learning activity described below utilizes both the Well-Being Wheel and the Nested Model Well-Being Wheel, and functions as a bridge that connects the appropriate complexity of ...

The Well-Being Wheel: An Experiential Activity ...
The circle in the middle is the 50 percent mark. After you are finished with all 36 questions and filling out your answers, you will have a nice visual look at your life in all these six different wellness sectors. The Wellness Wheel, provided in Northwest Missouri State University's "Balancing Your Wellness Wheel" pdf, here.

The Wellness Wheel: A 10-Minute Exercise for More ...
Activities to accompany the Wellness Wheel. The students will use this quiz as a discussion starter. The Philosophy of Caring. Take this Quiz. Name the 5 wealthiest people in the world. Name the last 3 winners of Canadian Idol. Name 10 people who have won the Nobel or Pulitzer Prize.

Wellness Wheel Activity
Wellness Wheel Worksheet 7 Dimensions of Wellness Spiritual: Practicing consistency between our values and our actions. Exploring the purpose of our own life. A sense of connection to something bigger than ourselves, and finding comfort in a personal relationship with God or a higher power.

Wellness Wheel Worksheet 7 Dimensions of Wellness
Wellness Wheel Worksheets - total of 8 printable worksheets available for this concept. Worksheets are Balancing your wellness wheel, The wellness whe...

Wellness Wheel Worksheets - Learny Kids
The Wellness Wheel we will look at and share contains 7 dimensions of wellness. It's an updated iteration that is more relevant to our current period. ... It's about living life to its fullest and maintaining continuous, positive activity to keep us healthy and happy.

The Wellness Wheel: A Better, Balanced Life - Declutter ...
The Self-Care Wheel identifies actions and activities to perform -- or a set of conditions to be met -- that contribute to the wellbeing of each of your dimensions and your overall wellness. For example, your spiritual dimension can be nurtured through yoga, self-forgiveness, and nature, while your psychological state will benefit from self-awareness, relaxation, and a focus on positive ...

A Look At The Self-Care Wheel: Templates, Worksheets and ...
Office of Health Education and Promotion. (2017). Wellness Wheel. University of New Hampshire. Do you need a wheel balance? The wellness wheel was developed by Sweeney and Witmer in 1991. At the time, with the dominance of the traditional medical model, the wellness wheel was a very unusual approach to looking at health and wellbeing.

Wellness Wheel - The Wheel of Wellness
Wellness Wheel . Kelsey Sheron . GA Health and Wellness . University of Kentucky . NASM CPT, WLS . Overview Define wellness and the wheel Overview of health spheres Activity and goal setting . What is a wellness wheel anyway?

Balancing Your Wellness Wheel - University of Kentucky
A wellness wheel is a wellness model that represents eight dimensions of wellness: spiritual, emotional, intellectual, physical, social, environmental, financial, and occupational. 11 All of the 8 dimensions of a wellness wheel are necessary to have a balanced and happy life. 11

8 Dimensions of Wellness - Online Test and Worksheet - J ...
Emotional Wellness. One important wellness wheel activity is the emotional aspect of our lives. This aspect refers to our ability to overcome challenges and obstacles that life might throw at us. In order for you to cope with hard and difficult things in life, you should work on discovering yourself, your inner being.

Wellness Wheel: How to Find the Perfect Balance Wellness ...
Wellness Wheel And How it Works? Balancing life is hard and sometimes it feels overwhelming to even think about it. Today I like to help you achieve balance in your life with this exercise that I learned while becoming a Health and Wellness Coach. It's called The wellness wheel.This exercise has helped me and many of my clients keep the right balance in their lives.

Wellness Wheel And How it Works? - Mindful
Balancing Your Wellness Wheel - Maryville, MO. Physical Wellness Body, nutrition, healthy habits. This dimension considers overall health and what you need to do to maintain a healthy quality of life. It is the ability to take charge of your health by making conscious decisions to be healthy.

Health And Wellness Worksheets - TheWorksheets.CoM
Apr 27, 2018 - Explore Krizt Neo's board "Wellness Wheel" on Pinterest. See more ideas about wellness wheel, wellness, emotions.

10+ Wellness Wheel ideas | wellness wheel, wellness, emotions
A wellness wheel is composed of seven dimensions -- the ability to maintain a healthy quality of life that allows you to perform your daily activities without undue fatigue and physical ...

'Wellness wheel' can provide a balanced life - Midland ...
Wellness Quiz: The 7 Dimensions of Wellness Take this quiz to learn how well-balanced you are in each of the 7 dimensions of wellness. Afterwards, you can work with us at Health and Counselling Services to support yourself in each dimension.

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