

# DBSA Wellness Wheel

Our world is multifaceted, and so is our wellness. DBSA's Wellness Wheel is a tool that can help you see how you're doing in 7 areas of wellness.



## PHYSICAL

Physical wellness involves taking steps to find healthy habits that can support overall wellness. Wellness in this area focuses on nutrition, exercise, and sleep.



## OCCUPATIONAL

Occupational wellness involves finding work that is satisfying and aligns with personal values and goals. Wellness in this area is also about balancing work with personal life and leisure time.



## FINANCIAL

Financial wellness involves learning how to manage expenses. Wellness in this area also means considering spending and saving habits.



## ENVIRONMENTAL

Environmental wellness involves living in harmony with both natural and built spaces. Wellness in this area means enjoying your surroundings, modifying them to suit you, and caring for the earth.



## SOCIAL

Social wellness involves creating and sustaining healthy, supportive relationships. Wellness in this area means considering how to connect with others and create community.



## INTELLECTUAL

Intellectual wellness involves participating in activities that increase curiosity. Wellness in this area involves considering how having hobbies and interests can continue to stimulate our passions.



## SPIRITUAL

Spiritual wellness involves finding connection with values, meaning and purpose. Wellness in this area includes practices that can create connection with community and our higher selves.

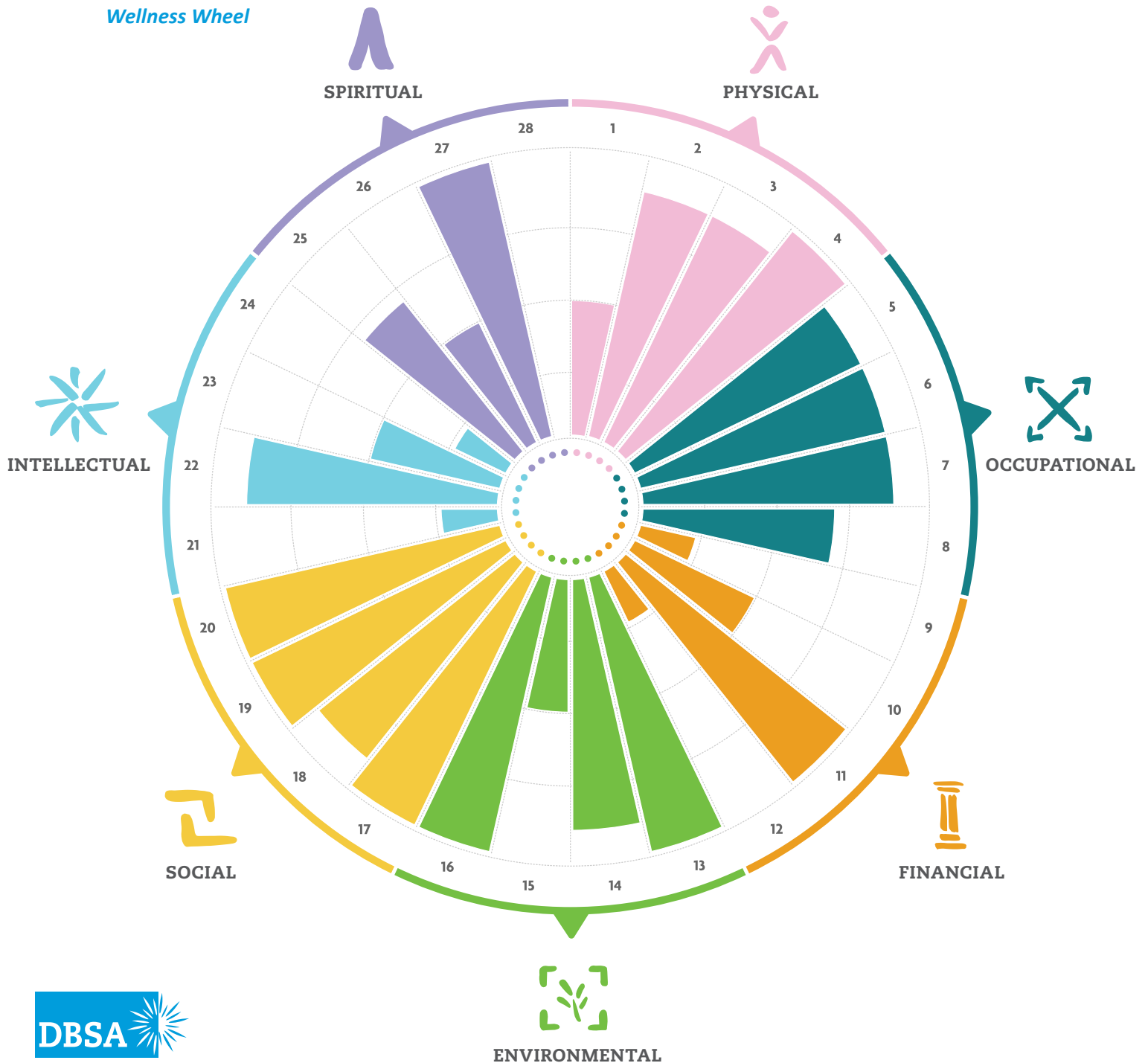


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This sample shows how a finished wheel might look after it is fully colored in. Yours will look different, of course – but this gives you a sense of how the DBSA Wellness Wheel can reveal strengths and areas for growth. The prompts on Page 3 will help you get started.

*Sample of Completed Wellness Wheel*



Think of these prompts as thought-provoking questions to help you evaluate how well you're doing in specific areas of your life. Here's how to use them to fill in your Wellness Wheel.

Take a look at the blank wheel on Page 4. You'll see that each segment of the wheel is numbered to match one of the prompts to the right.

Read the first prompt, think about how well you are doing in that area, then color in that section with a colored marker, pencil or pen. Start at the center of the wheel and move to the outer edge.

**Example:** Prompt 1 asks how regularly you practice physical activity. If you feel you do this about 50% of the time, fill in 50% of that segment on your wheel.

*Visit the [DBSA website](https://www.dbsa.org) for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.*

[DBSAAlliance.org/WellnessWheel](https://www.dbsa.org/WellnessWheel)



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## Percentage of the time that I:



### PHYSICAL

1. Regularly practice physical activity
2. Eat a diet that makes me feel my best
3. Maintain good sleep hygiene and get enough sleep each night
4. Have a self-soothing practice such as meditation or deep breathing



### OCCUPATIONAL

5. Am satisfied with my work or schooling
6. Make time to learn new work skills
7. Have work or volunteer activities that are personally fulfilling and meaningful
8. Have a good balance between my work life and leisure time



### FINANCIAL

9. Have a budget that I follow
10. Spend and save money, based on my long-term goals
11. Pay my bills on time
12. Plan for periods of time when my expenses may be higher



### ENVIRONMENTAL

13. Live in an environment that supports my overall health
14. Have an organizational system that helps me manage my daily life
15. Spend time in nature
16. Work in a space that supports my productivity



### SOCIAL

17. Have healthy relationships with people that I trust
18. Have a community of people who I find supportive
19. Have the support of people who understand my boundaries and wishes
20. Feel connected with the people around me



### INTELLECTUAL

21. Make time to pursue my interests and hobbies
22. Stay curious about new opportunities and information
23. Have a creative outlet that helps me feel my best
24. Take part in cultural or community-based activities that I find meaningful



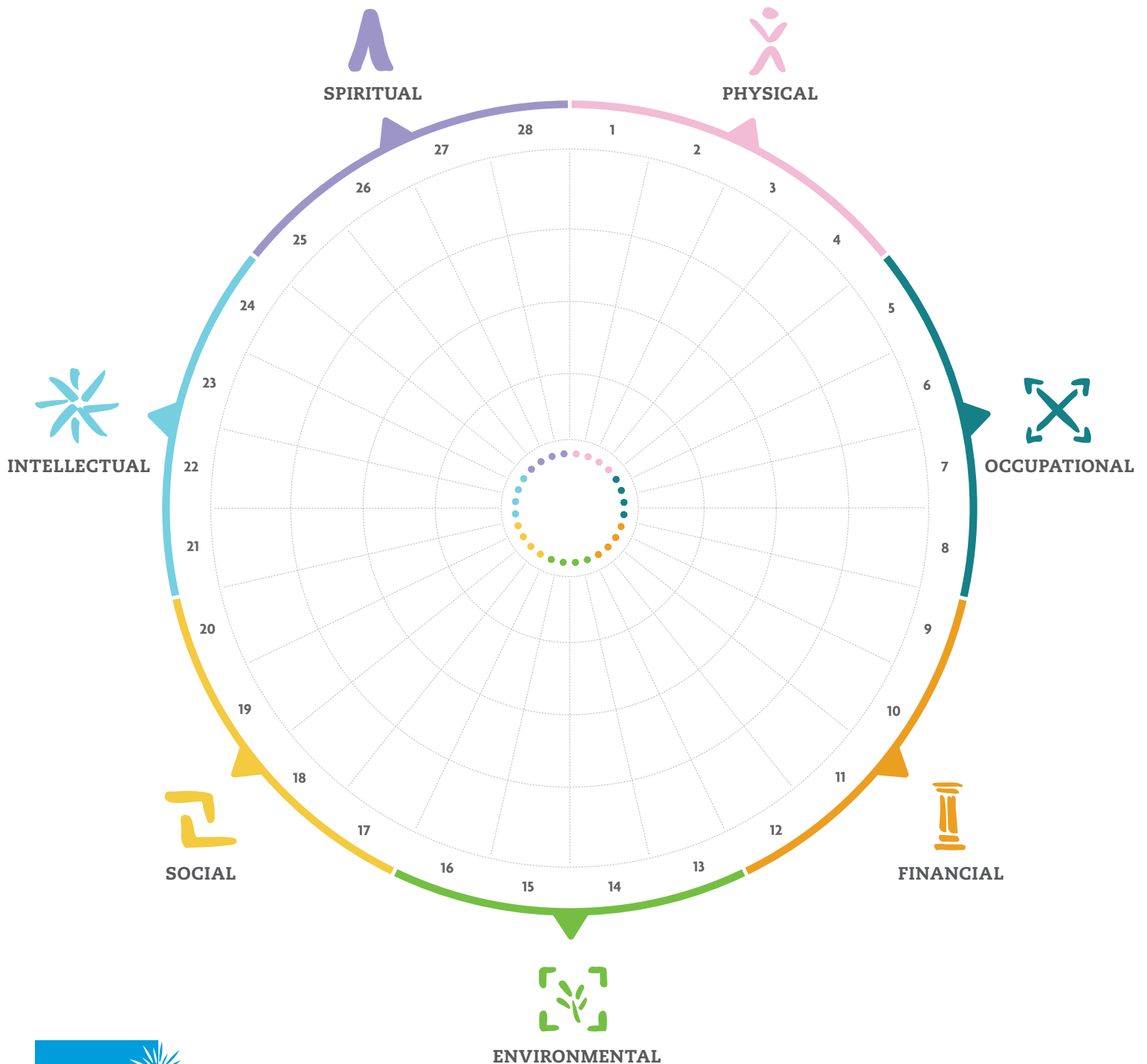
### SPIRITUAL

25. Have values that guide my actions
26. Have a strong sense of meaning in my life
27. Take time for reflection and contemplation
28. Have found a spiritual practice that is helpful to my wellness

# My Wellness Wheel



Date Completed:



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# Thank you for using DBSA's Wellness Wheel!

## Tell us about your Wellness Wheel experience

We're excited to see how the DBSA Wellness Wheel works for you – and welcome your suggestions for making it even more useful and relevant. Take our 3-minute survey to share your Wellness Wheel story.

[DBSAAlliance.org/WellnessWheelSurvey](https://DBSAAlliance.org/WellnessWheelSurvey)



**The Depression and Bipolar Support Alliance (DBSA)** envisions wellness for all people living with mood disorders. We provide hope, help, support, and education to improve the lives of millions who live with these conditions. With 160+ chapters and 500+ support groups countrywide, we provide community-level support and resources for individuals, families, caregivers, and clinicians. In all, we provide help for more than 4 million people every year. See the full range of resources we have for you and your loved ones on at [DBSAAlliance.org](https://DBSAAlliance.org).