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.
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.
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 for strategies and tips for boosting wellness in all 7 areas of the Wellness Wheel.

DBSAlliance.org/WellnessWheel
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

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.