

1: Intentions and Goal Setting



GEM

GET EXPERIENCE IN MINDFULNESS

Mindfulness Immersion Technique (MIT)

Activity

Wellness Wheel

Duration

10-15 minutes

Instructions

Give Wellness Wheel handout and colored markers to participants, explain the purpose of the activity (explained below), and read the instructor's text aloud to the group.

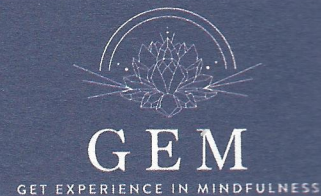
Purpose of the Wellness Wheel

Wellness is an active process where an individual becomes aware of or makes choices towards a more whole-self lifestyle. The process is conscious, self-directed and also evolving to help an individual achieve their full potential. Wellness involves a multidimensional approach to achieving a balanced life. When one has achieved wellness they are positive and self-affirming. Humans are dynamic individuals and are often sensitive to how experiences and situations in life impact wellbeing. It is a personal responsibility to achieve and maintain wellness according to individual needs and desires and this can be done through the practice of mindfulness-based living.

The wellness wheel is a useful visual guide to better understand and assess the dimensions or areas of wellness that are encountered in life that work together to make up overall health and well being. Self-assessment of these areas can help to increase awareness of what personal time and energy is being invested in, or maybe what individual's are already mindful about. Assessment of overall well-being can assist in setting more individualized goals to achieve balance in life.

The wheel is a practical tool to practice mindfulness based stress management techniques. The wheel facilitates an understanding of what it means to be mindful at its surface layer by practicing both self-awareness and self-acceptance of the present moment in a very individualized but still general sense so that it can be applied to everyday life.

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Wellness Wheel

Instructor

Please fill in the corresponding section on the wheel for the following dimension to the percentage (i.e. 0%, 25%, 50%, 75%, 100%) of which you feel the statement applies to your life. There are seven dimensions, each with three pieces to represent three statements that will be used to self-assess that area.

Dimension 1 is Social Wellness. This is how we relate and connect to others by engaging in the community and building and being a part of supportive social networks.

Self-Assessment:

1. I am aware of others feelings and can respond in an appropriate manner.
2. I have people with whom I have a trusting relationship.
3. I am able to set and respect my own and others boundaries (boundaries can include personal space, personal belongings and property and safety).

Dimension 2 is Spiritual Wellness. This area is where we establish peace and harmony in our lives by demonstrating an individual purpose and reflecting your values and beliefs in your actions.

Self-Assessment:

1. I have a sense of meaning and purpose in my life.
2. I trust myself and others and am able to forgive and let go.
3. Principles, ethics and morals provide guides for my life.

Dimension 3 is Emotional Wellness. The area to understand and cope with feelings and emotions through a positive attitude and strong sense of self.

Self-Assessment:

1. I have a sense of fun and laughter.
2. I can identify my feelings and express them appropriately and constructively.
3. I have a sense of control in my life and am able to adapt to change.

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Wellness Wheel

Dimension 4 is Professional/Educational Wellness. Professionally or in school, you should have fulfillment in your work. There is also a balance between work and leisure.

Self-Assessment:

1. My beliefs and values surrounding money/education are harmonious with my behavior.
2. I have a balance between work/school and the other areas of my life.
3. I have financial/educational plans for the future.

Dimension 5 is Intellectual Wellness. Being open to new experiences and ideas by creatively, curiously and critically thinking and seeking out new challenges.

Self-Assessment:

1. I have goals to learn a new skill or study a particular topic.
2. I would describe myself as a lifelong learner.
3. I commit time and energy to self-development.

Dimension 6 is Physical Wellness. This means maintaining a healthy body through smart diet and activity choices.

Self-Assessment:

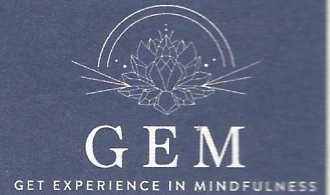
1. I eat a balanced nutritional diet.
2. I exercise at least 60 minutes per day for youth or 2.5 hours per week for adults.
3. I am generally free from illness and practice a preventive lifestyle.

Dimension 7 is Environmental Wellness. This means taking care of both the global environment as well as your immediate personal environment through sustainable practices and organization skills.

Self-Assessment:

1. I recycle plastic, glass and paper products when possible.
2. I maintain a clean and organized home/room.
3. I spend time outdoors.

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Wellness Wheel

Remember that each person is unique and there is no right or wrong wheel. But not only is the wheel unique on an individual level, it is also unique on a situational level.

The individual assessment just completed is for this particular moment in time, but if this activity is done again in ten years, in five years, next week, or even tomorrow, it may look completely different.

Conscious thoughts and efforts are always changing because most humans are extremely sensitive to experiences and situations. That awareness helps individuals to begin to understand that they have the ability to focus or concentrate those conscious thoughts and efforts to specific target areas.

Reflection Questions

Observe your wheel.

- Which areas have the least color?
- Which areas have the most color?
- Is your wheel well balanced?

By observing and accepting that there are areas of life that time and energy can be increased in from within, individuals can practice being mindful. Not only are mindful individual's accepting what is, they are accepting the idea that they can manage their stress by being mindful and in control of personal actions.

(This activity was adapted from Northwest Missouri State University Wellness Services)