

PART 1

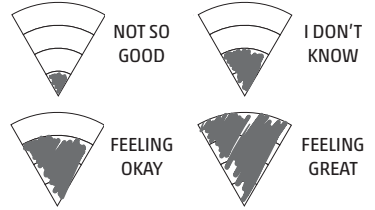
Name

WELLNESS WHEEL

Date

Having a healthy balanced life has a positive effect on your physical and mental wellbeing. Many areas of your life contribute to your overall wellness.

The first step is to determine how you feel about each area of your life, use the key to colour in each section representing how you feel in each area.



FUN



SLEEP



HEALTH



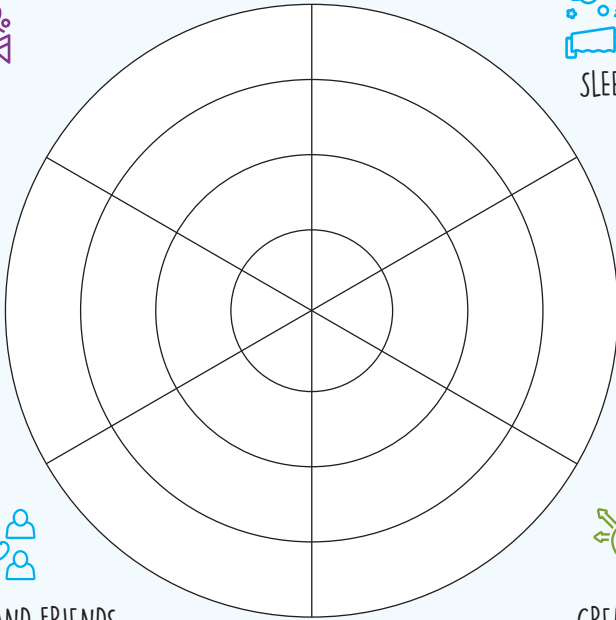
SCHOOL



FAMILY AND FRIENDS



CREATIVITY



Next, look at the wheel, where can you make improvements? Set 3 goals to work on over the next four weeks, you can set small goals that grow over time!

MY WELLNESS GOALS

- 1
- 2
- 3

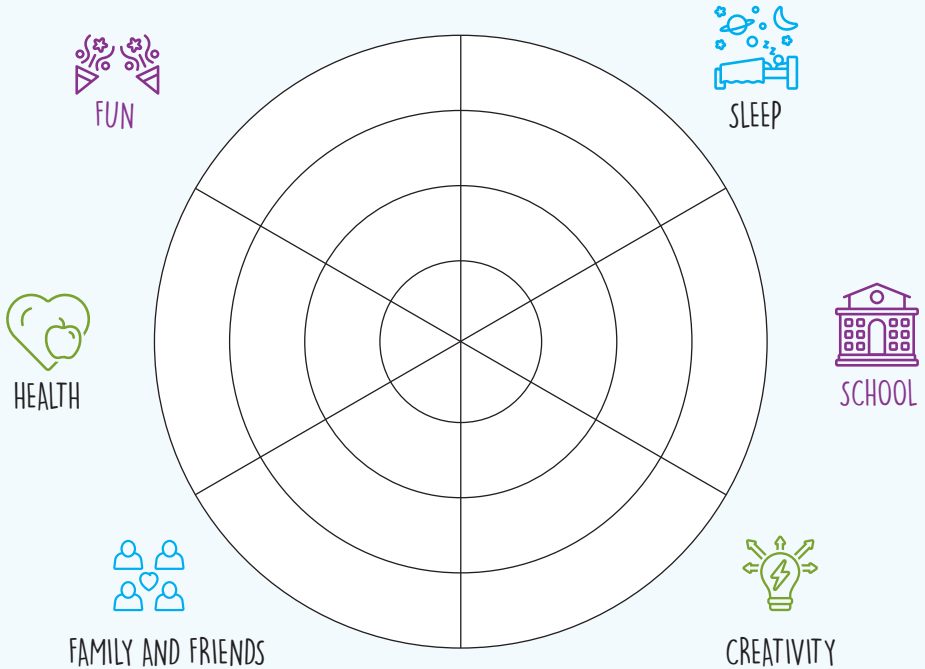
PART 2

WELLNESS CHECK IN

Date

Checking in regularly is a good way to stay physically and mentally healthy.

Have your feelings changed since you first completed your wellness wheel?



WELLNESS TIPS TO REMEMBER

Fun – Take time out & enjoy your hobbies

Sleep – Get enough sleep

School – Get support if you are feeling overwhelmed

Creativity – Why not learn or try something new!

Friends & Family – Spend time with friends

Health – Keep active & eat well



For more tips on how to stay mentally healthy visit
actbelongcommit.org.au

