

# The Wheel Of Well-Being



Every part of your life helps to shape the way you see the world and your experiences. Different areas of your life – such as school, family, work and physical health – may seem separate, but they're actually all connected. When something in one area changes, it can affect other areas. The Wheel of Well-Being is a visual representation of how these different areas are connected and can help you to think of ways to keep things in balance.

**Relationships:** my connections to friends, family and others; my connection in an intimate relationship; how I express my sexuality; feeling supported by others and offering support back; being able to communicate what I feel and need to those around me.

- » How do I share how I'm feeling with those around me? What may I need from those around me?
- » Who are the people in my life that I can turn to?

**Emotions:** my awareness of what I'm feeling and why; my ability to accept and value who I am; my outlook on life; my ability to manage stress and strong emotions; my sense of hope for the future.

- » What works for me when I'm feeling strong emotions?
- » What resources, strengths and abilities do I already have that I can use to deal with strong emotions?

**Physical:** my overall physical health; my nutrition; my sexual health; how I practice and enjoy physical activity; my body image.

- » How comfortable do I feel in my own skin?
- » What could I start to do or continue to do that is good for my overall physical health?

**Creativity and thinking:** how I express myself in different ways; how I exercise my mind; how I learn from others and the world around me; my appreciation for learning new things.

- » How do I express myself and exercise my mind?
- » How can I continue to learn from the world around me and express myself creatively?

**Spirituality:** my sense of belonging in the world; the meaning and purpose I feel in my life; the comfort I get from community, nature, the universe and/or some higher power.

- » In what ways do I, or could I, connect to something larger than myself?
- » How do I create meaning for myself in life?

**School and work:** how interested I am and how satisfied I feel with school or my job; my education and career goals; my attitude toward school or work; my sense of being able to contribute to my family and community through school or my job.

- » How do I see myself going forward in school or my job?
- » How can I create opportunities to find satisfaction through school and work?

**Environment:** how I experience and relate to my surroundings (e.g. my home, my town or city, nature, etc.).

- » How do I fit into and feel about the environment around me?
- » How can I create, contribute to or improve my environment?

## Connect with Kids Help Phone:

If you need one-on-one time with someone who gets what's going on in your life, you can connect anonymously with Kids Help Phone. Our counsellors are available 24 hours a day, seven days a week to support you with whatever you're going through.

- » Call Kids Help Phone at 1-800-668-6868
- » Live Chat at KidsHelpPhone.ca.
- » Download the Always There app to chat for free on your iOS or Android device.