

The Wellness Wheel

The Wellness Wheel offers an integrated overview of human life. The harmonious balance of these life functions results in good health and wellbeing

Physical wellness is developing healthy activities that benefit your body such as nutritious eating and exercise. It is taking care of your body.

Intellectual wellness is using your resources to expand your knowledge, to create, to become mentally stimulated.

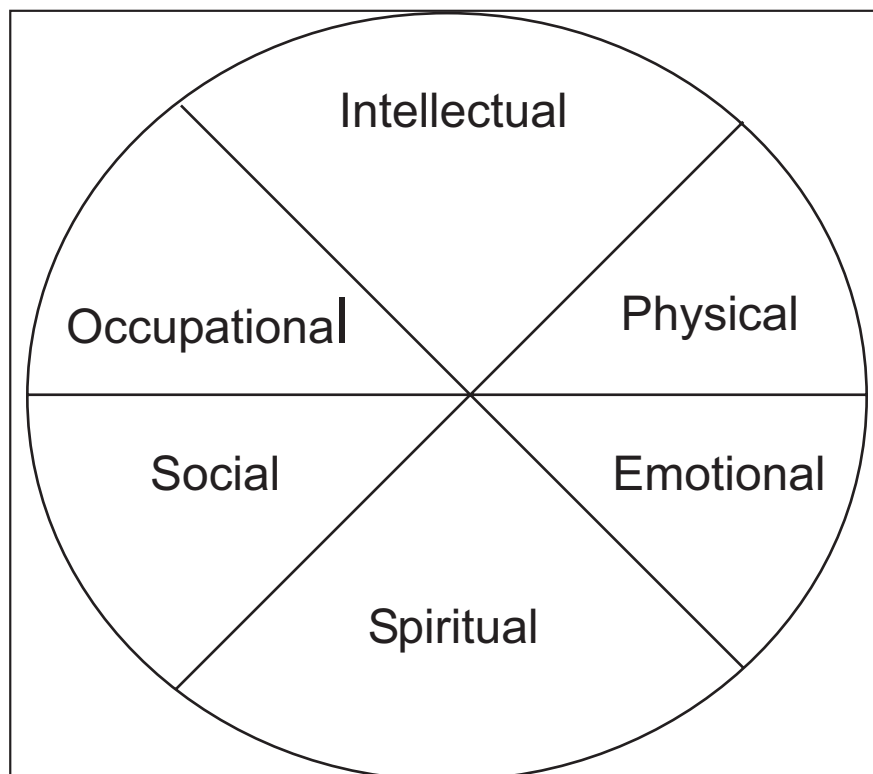
Emotional wellness focuses on taking care of yourself and developing ways to enhance your inner resources. It is paying attention to elements such as self-expression, stress reduction and relaxation.

Spiritual wellness enhances the connection between your mind and body. It is personal growth.

Social wellness is developing healthy relationships with those around you. It is contributing to your community.

Occupational wellness is contributing in a work environment that accommodates each other's weaknesses and strengths in a healthy way.

“We strive for balance...”



Dr. Bill Hettler