

What is Wellness?

Wellness is the act of practicing regular healthy habits to attain and maintain good physical and mental health. You're not just surviving, but you're thriving! It's more than just physical health. Most models of wellness include at least six dimensions, including:

Crisis and Counseling Services

- **Physical:** A healthy body through exercise, nutrition and sleep
- **Mental:** Engagement with the world through learning, problem solving and creativity
- **Emotional:** Being in touch with our feelings (and those of others)
- **Spiritual:** Our search for meaning and purpose in human existence
- **Social:** Connecting with other people and our communities
- **Environmental:** A healthy physical environment free of hazards; awareness of the role we play in the environment

—Source: *Global Wellness Institute*

What is a Wellness Wheel?

A wellness wheel is a tool for self-exploration that can help you survey choices or situations that impact your overall wellness. Wellness wheels can vary in how they look, but are inspired around the dimensions listed above. Each of the dimensions are interconnected and equally important!

Click on the text below to fill out your own personalized wellness wheel!

[The Teen Compass Wellness Self-Assessment Worksheet](#)

