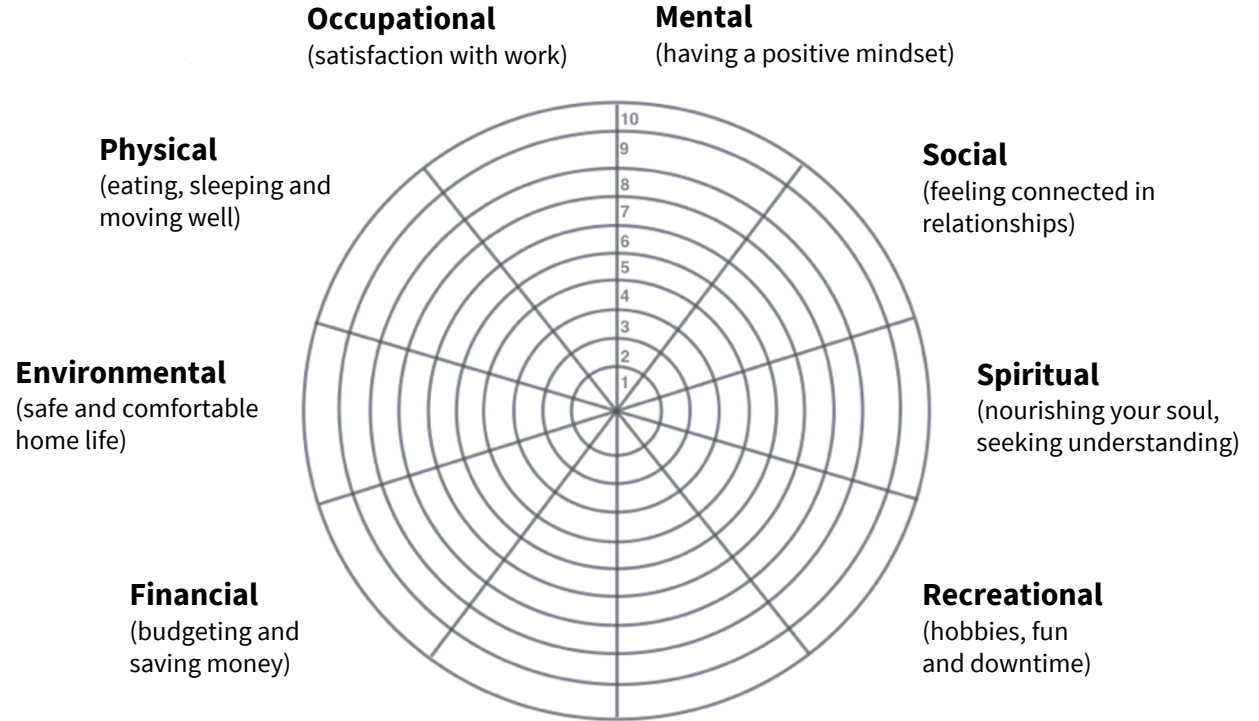


Wellness Wheel

Use the wellness wheel to analyse how well we are coping in any area of life, from 1 (not well) to 10 (well).

You can use the areas with lower numbers as a focus for self-care.



(The bottom two are blank – you may wish to use them for something you personally feel contributes to your wellness)