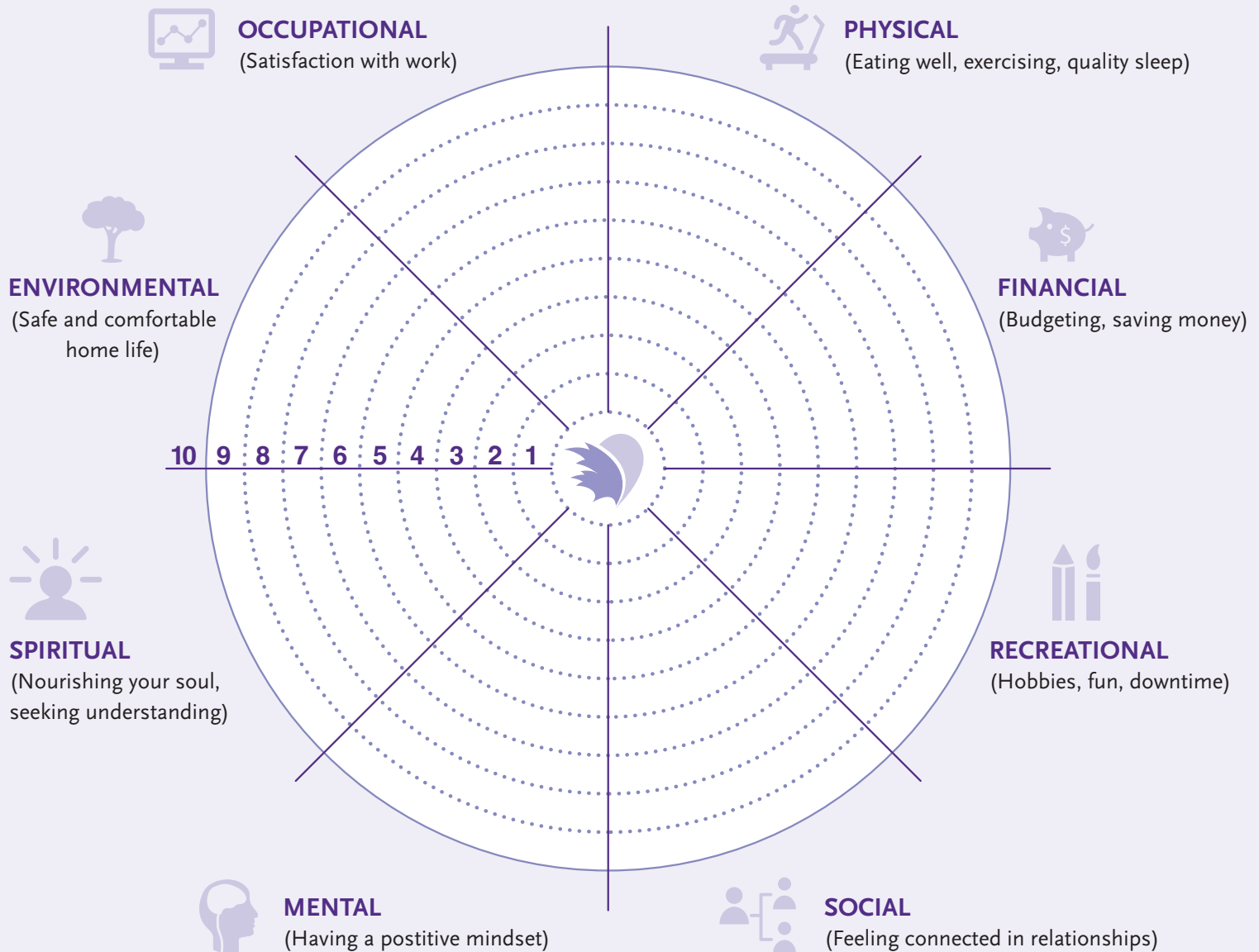


WELLNESS WHEEL



INSTRUCTIONS

The eight sections in the wheel represent your life. Rank your level of satisfaction with each area on a scale of 1 to 10. 1 means you are struggling and feel unfulfilled in that area. 10 means you're satisfied with that area and don't think it needs much improvement. Go with your gut when doing this the first time. Try not to overthink!

Colour the number of spaces on the wheel that match your ranking, starting from the centre of the wheel and working out. Colouring the wheel will help you see which areas you are happy with and which ones need your attention and care.

FIND YOUR BALANCE

The Wellness Wheel is a classic tool often used to help people reflect on their lives and find balance. You can return to this tool as often as you need – your answers may change each time you complete it, and that's okay.

Once you have filled out your wheel, take out a pen and paper and write down the answers to the following questions:

1. What score did you give each area on the wheel?
2. Which areas do you want to focus on improving right now? Why?
3. What do you picture when you see these areas improving?
4. What will those areas look like when you feel better about them?
5. What types of activities and practices would help you the most?
6. What actions can you take in the next 2-3 months to help you feel better in these areas?

NEXT STEPS

Now that you've identified the areas you want to work on in your life, commit to making it happen! By filling in your wellness wheel on a weekly or monthly basis, you will be able to see and assess your journey as it develops. You can celebrate and course-correct depending on what you see.

By recognizing your patterns and mapping your low and high points, you will get a clearer picture of how resilient you are. To be healthy, happy, and fulfilled, it is crucial to identify your wellness needs and make sure that they are fulfilled.

You may benefit from some help as you go through this exercise. Talking to a friend or loved one about where you are and how you are coping is a great first step. Here are some additional resources that may help you find your balance.

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