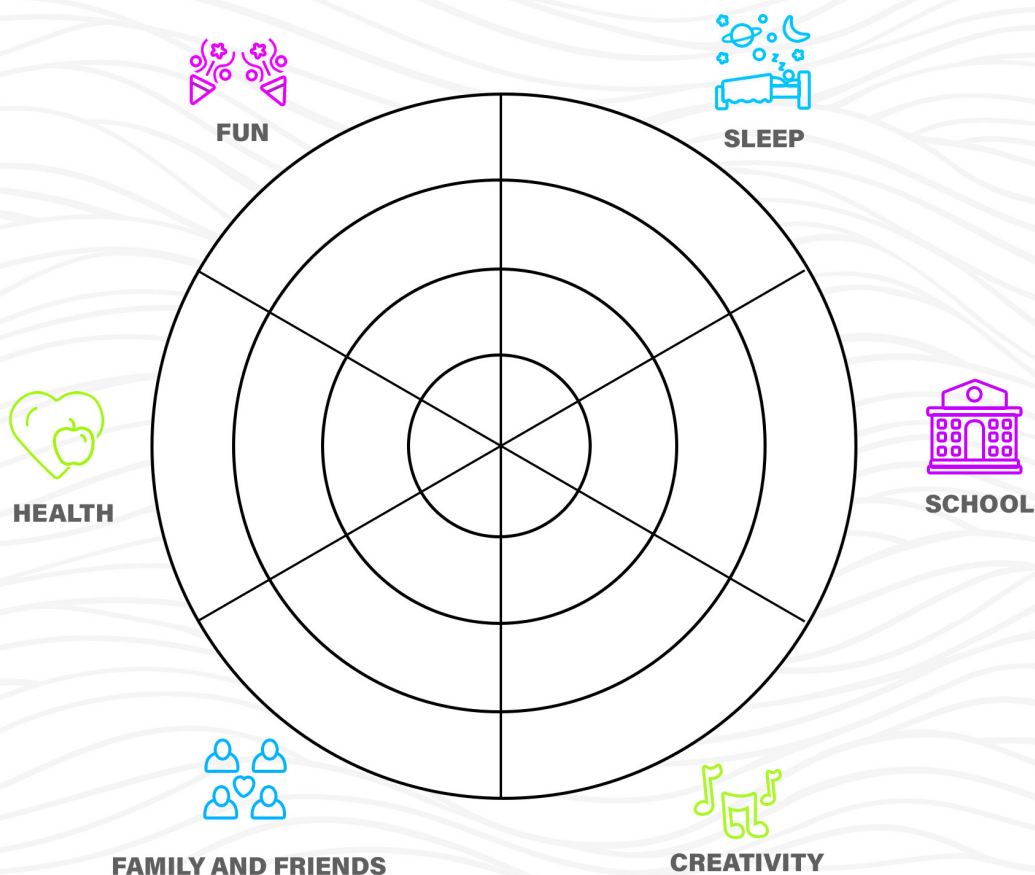


PART 1 WELLNESS WHEEL

Name: Date:

Having a healthy balanced life has a positive effect on your physical and mental wellbeing. Many areas of your life contribute to your overall wellness.

The first step is to determine how you feel about each area of your life, use the key to colour in each section representing how you feel in each area.



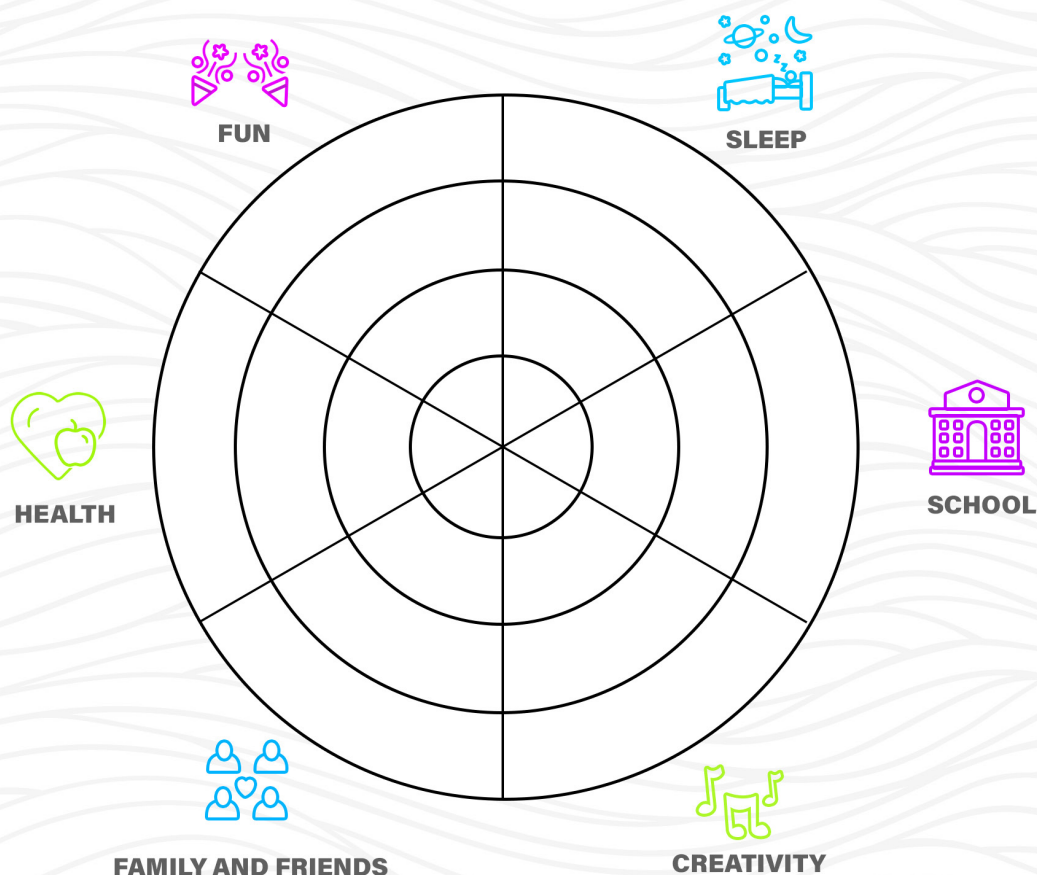
Next, look at the wheel, where can you make improvements? Set 3 goals to work on over the next four weeks, you can set small goals that grow over time!.

MY WELLNESS GOALS

- 1 _____
- 2 _____
- 3 _____

Date:

Checking in regularly is a good way to stay physically and mentally healthy.
Have your feelings changed since you first completed your wellness wheel?



WELLNESS TIPS TO REMEMBER

- Fun** – Take time out and sing! Singing on your own or as part of a group is a great way brain energy booster
- Sleep** – Get enough sleep
- School** – Get support if you are feeling overwhelmed
- Creativity** – Check out our Act-Belong-Commit Singing Classes for Children.
- Friends & Family** – Spend time with friends
- Health** – Keep active & eat well

For more tips on how to stay mentally healthy visit actbelongcommit.org.au