

# WMU Well-Being Wheel



# WMU Well-Being Wheel Descriptions

**At WMU, we define well-being as making lifelong healthy choices; learning and applying skills to meet one's own physical, social, spiritual, intellectual, occupational, financial, emotional and environmental needs; demonstrating resilient behavior including the ability to become strong, healthy, or successful when faced with obstacles and challenging situations; includes the ability to adapt and be flexible when responding to change.**

## INDIVIDUAL FACTORS

**Identity:** The center of this wheel represents a person's intersectionality of identities, including but not limited to gender; race; ethnicity; sexual orientation; age; generation; first language; national origin; physical, emotional, developmental ability; political affiliation; religion/spirituality; socioeconomic status; and education level. Identity development and living as one's authentic self is a core part of well-being.

The colorful pieces of this wheel represent eight interconnected dimensions of an individual person's wellness. The well-being journey involves maintaining balance between these dimensions. It also involves identifying, utilizing, and advocating for access to resources, programs and services that support well-being.

**Social Wellness:** Developing a sense of connection, belonging and support with others. Maintaining healthy relationships and awareness of how one's self is valuable to others.

**Emotional Wellness:** Thriving while experiencing a diverse range of emotions, experiences, and vulnerabilities. Coping effectively with life. Managing and expressing feelings effectively.

**Intellectual Wellness:** Exploring creative abilities and expanding knowledge and skills. Pursuing learning, professional development, problem-solving, cultural activities, interests and hobbies.

**Occupational Wellness:** Finding personal satisfaction and enrichment in one's work. Discovering individual strengths and seeking opportunities to utilize unique talents.

**Spiritual Wellness:** Discovering a sense of purpose and meaning in life. Developing ethics, values, and a world view. Aligning actions to be consistent with one's beliefs and values.

**Financial Wellness:** Developing financial literacy and skills to effectively manage financial resources and overcome financial challenges.

**Environmental Wellness:** Occupying and improving safe, healthy, accessible and sustainable environments. Contributing to environments that are inclusive and free from harassment and discrimination.

**Physical Wellness:** Practicing healthy behaviors regarding physical activity, nutrition, sleep, substance use, sex, preventive exams, etc. Learning when to seek medical attention and managing chronic conditions.

## EXTERNAL FACTORS

The outer ring of this wheel represents determinants of well-being that go beyond individual factors and are often outside of an individual's control. When these ecological, socioeconomic, cultural, environmental, and global factors are identified and addressed, individual well-being is enhanced.

### Reference List:

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3. Krugg, et al. (2007). *The Social-Ecological Model: A Framework for Prevention*. Centers for Disease Control. [atsdr.cdc.gov/communityengagement/pce\\_models.html](https://atsdr.cdc.gov/communityengagement/pce_models.html)
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5. Network for Improvement & Innovation in College Health. (2020). *Healthy Campus 2020 Framework*. <https://collegehealthqi.nyu.edu/20x30/frameworks/healthycampus2020/>
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