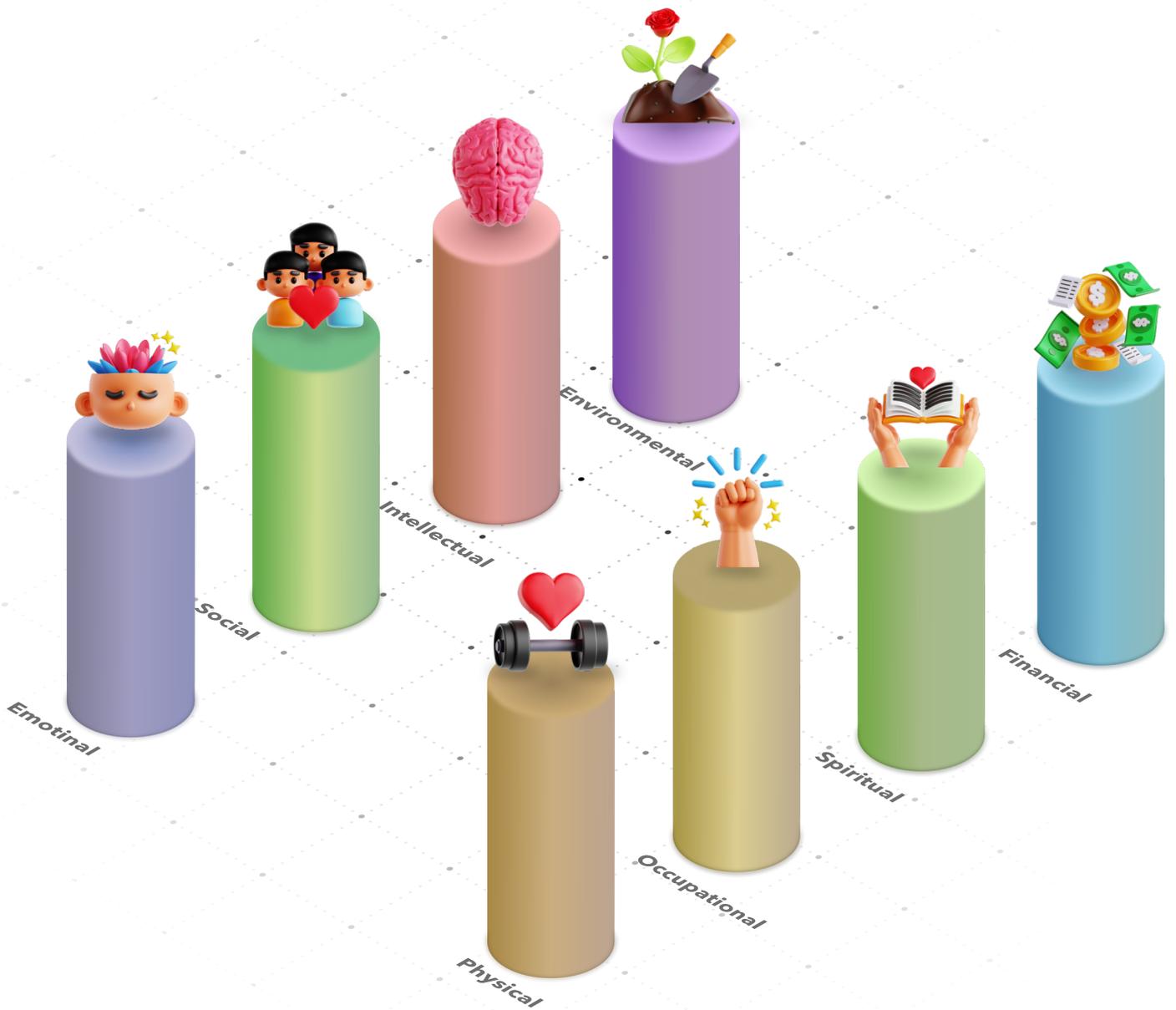


# 8 Pillars of Wellness

## Mind Samba Wellness Wheel



# SUMMARY - The 8 Pillars of Wellness

Dr. Peggy Swarbrick created the 8 Dimensions of Wellness model, inspired by Dr. Jerry Johnson's work on wellness and occupational therapy.

This model helps people with mental health or substance use issues by focusing on 8 areas: Physical, Spiritual, Social, Intellectual, Emotional, Occupational, Environmental, and Financial wellness.

At Mind Samba, we call these dimensions "pillars." We believe they are keys to a healthy mind and better overall wellness.

At Mind Samba, we create custom plans with you, focusing on each pillar to help you reach your personal goals and improve in each area.

The following pages are a guide to help you evaluate 8 areas in your life and help identify changes that help you feel more balanced and fulfilled.

The activities and suggestions are intended as a guide only and should be used in consultation with Mind Samba and the client.

# Mind Samba: Discover Your Wellness Wheel

Are you feeling overwhelmed, anxious, or restless? Have you been thinking about how to make your life more fulfilling? Instead of making drastic changes, focus on small, manageable adjustments in your daily routine. These little changes can help refresh your life and boost your mood without overwhelming you. Start by identifying one or two areas for small changes, such as trying a new hobby, reorganising your space, or setting aside time for self-care. Often, these simple steps can lead to a more significant positive shift in how you feel.

## Why Use the Wellness Wheel?

The Wellness Wheel is a simple tool to help you identify the areas of your life where you're thriving and those that may need some attention. This method can guide you in creating balance and wholeness.

## How It Works:

1. **Identify Your Areas:** The Wellness Wheel focuses on 8 pillars of self-care. By assessing each area, you'll get a clearer picture of your overall well-being.
2. **Create a Customized Plan:** After filling out your Wellness Wheel, Mind Samba will be able to develop a personalised plan to help you reset when life feels overwhelming or unexciting.
3. **Next Steps:** The following page explains how to use the Wellness Wheel and provides some self-care ideas to get you started towards the 8 pillars of wellness.

For more self-care ideas, speak to your Mind Samba support worker and they will guide you in preparing and tracking your plan.

## Let's Get Started!

Take the first step towards refreshing your life and achieving a sense of balance!

# Mind Samba Wellness Wheel Instructions

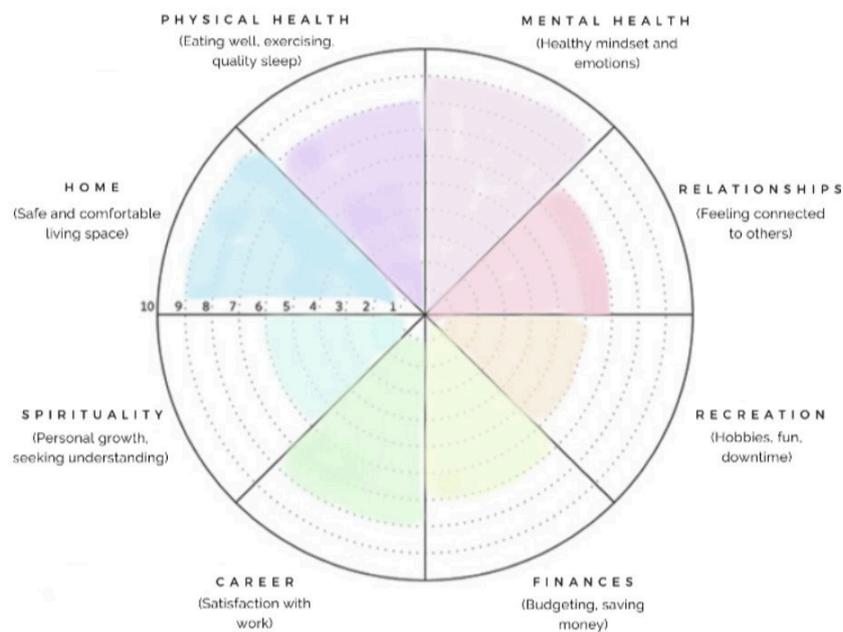
Purpose: To evaluate where you currently stand in various areas of your life and identify changes that can help you feel more balanced and fulfilled. Use the Wellness Wheel on the next page.

## Step 1: Assess Your Areas of Life

- Rate each area on a scale from 1 to 10:
  - 1 means you're struggling and feel unfulfilled in that area.
  - 10 means you're satisfied and feel that area needs little to no improvement.
- Take your time and trust your instincts—don't overthink your scores.

## Step 2: Visualise Your Ratings

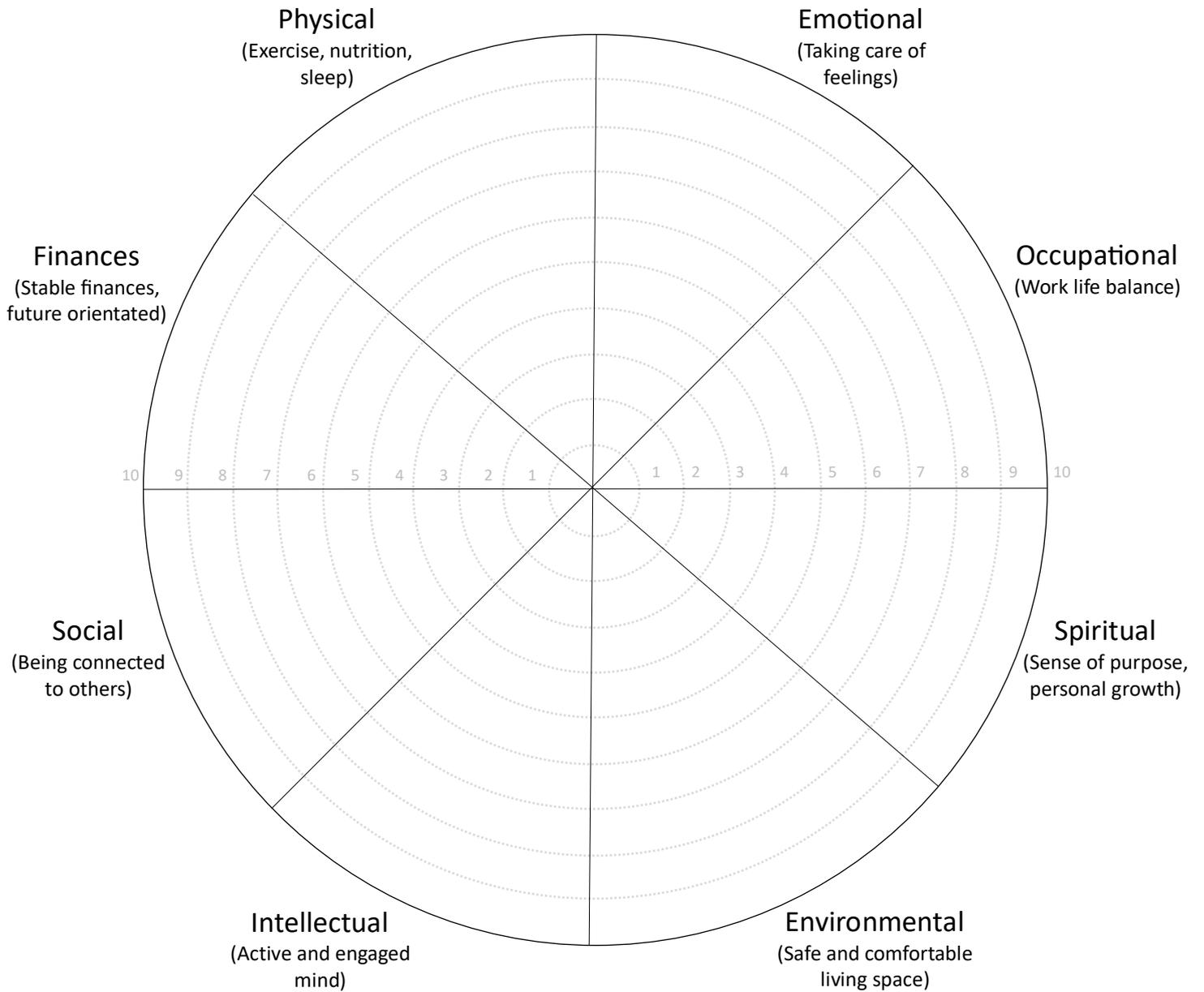
- Use the wellness wheel template provided (or draw your own) and colour in each section according to your scores. Start from the inside and work your way out.
- This visual representation will help you see where you may need to focus your efforts.
- Once finished, it could look like this.



## Step 3: Set Your Goals for Change

- Now that you understand which areas require improvement, identify a few small, actionable changes you can implement over the next three to six months.
- Focus on gradual progress to make your journey smoother and more sustainable.

# 8 Pillars – Wellness Wheel



# Mind Samba Self-Care Ideas

Taking care of yourself is essential for overall well-being. Here are some simple self-care ideas for each of the 8 pillars to help you achieve balance and thrive in your daily life:

## 1. Mental

*Practice mindfulness:* Spend a few minutes each day focusing on your breath.

*Engage in puzzles:* Try crosswords, Sudoku, or brain games to stimulate your mind.

## 2. Emotional

*Write a gratitude list:* Jot down three things you're thankful for each day.

*Try positive affirmations:* Speak kindly to yourself, reinforcing self-compassion.

## 3. Physical

*Stay hydrated:* Aim to drink enough water throughout the day.

*Incorporate movement:* Go for a 20-minute walk or stretch for a few minutes.

## 4. Environmental

*Declutter a small space:* Tidy up your workspace or a room in your home.

*Add plants:* Introduce a few houseplants to your living area for a touch of nature.

## 5. Spiritual

*Spend time in nature:* Take a walk in the park or sit outside for fresh air.

*Meditate or pray:* Set aside time to connect with your beliefs or inner self.

## 6. Recreational

*Explore a new hobby:* Try painting, gardening, or playing a musical instrument.

*Schedule downtime:* Plan a fun activity like a movie night or board game evening.

## 7. Social

*Reach out to a friend:* Call or message someone you care about for a chat.

*Join a community group:* Engage in local events or online forums to meet new people.

## 8. Occupational

*Set boundaries:* Learn to say no to tasks that overwhelm you.

*Reflect on your career:* Consider what aspects of your job you enjoy and what you might want to change.

## Prioritise You!

Remember, self-care is not selfish; it's necessary for maintaining balance and well-being. Incorporate these ideas into your routine and adjust them to fit your lifestyle. Start with small steps and notice the positive changes in your life! Speak to your Mind Samba support worker to help you develop a plan that is made just for you.