



Wellness Wheel: From Striving to Thriving

A 3-week Self-Directed Smorgasbord Challenge

September 12 to 30, 2022

Do you feel off balance and unsatisfied in your life?

Are you doing the same things every day and not feeling satisfied?

Are you ready to take action in making your life more fulfilling?

Take charge of your life by participating in this 3-week self-evaluation challenge to discover what areas in your life you could work on to move from striving to thriving in your personal wellbeing.

To earn a prize, complete the log form attached. Return your completed log and prize forms to Mary Harrington at mharrington@mma.org or mail to MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by October 7, 2022, to be eligible for prizes (only MIIA/BCBS members are eligible for prizes). No registration is necessary.

Wellness Wheel Activity Challenge



The original Wellness Wheel was created by Dr. Bill Hettler under the notion that if you make a conscious effort to balance different areas in your life, you will live a more fruitful, meaningful, thriving life. Making small changes in how you spend your time and energy can help you feel more balanced and productive. This challenge will focus on looking at the Wellness Wheel's 7 interconnected areas of your life. The 7 areas of the Wellness Wheel are:

1. Intellectual: This involves keeping your brain stimulated, creative and curious to expand and challenge your mind. Examples include: reading, problem solving, learning a new language, playing a strategic game, and crossword puzzles.

2. Social: This involves the quality of your relationships with friends and family, as well as the relationship with the world around you. Examples include: positive communication skills and developing and maintaining strong social support networks.

3. Spiritual: This involves reflection on your deeper meaning and purpose in life. Examples include: meditation, journaling, creating your vision statement, and living out your deeper values.

4. Physical: This involves keeping your body healthy with exercise, good nutrition and maintaining necessary doctor visits. Examples include: regular physical activity, healthy eating for disease prevention, sleep hygiene, and avoiding drugs and tobacco.

5. Environmental: This involves respecting your overall surroundings and resources. Examples include: reducing waste and pollutants around you, recycling, walking or riding your bicycle instead of driving, and eating local produce.

6. Occupational: This involves ongoing education for your job, maintaining financial stability, and sharing your talents with others. Examples include: work training and coaching, budgeting, and maintaining healthy professional networks.

7. Emotional: This involves awareness of feelings and emotions, coping with stress, seeking help when needed, and having a generally optimistic view on life. Examples include: journaling thoughts and feelings, having a meditation practice, and being open to professional support as needed.

The goal of this Wellness Wheel exercise is to highlight different aspects of your life that are thriving and areas that could be improved. You will create your own Wellness Wheel and determine what areas you want to work on in the next three weeks based on the conclusion of the exercise below. Celebrate becoming a more balanced individual!

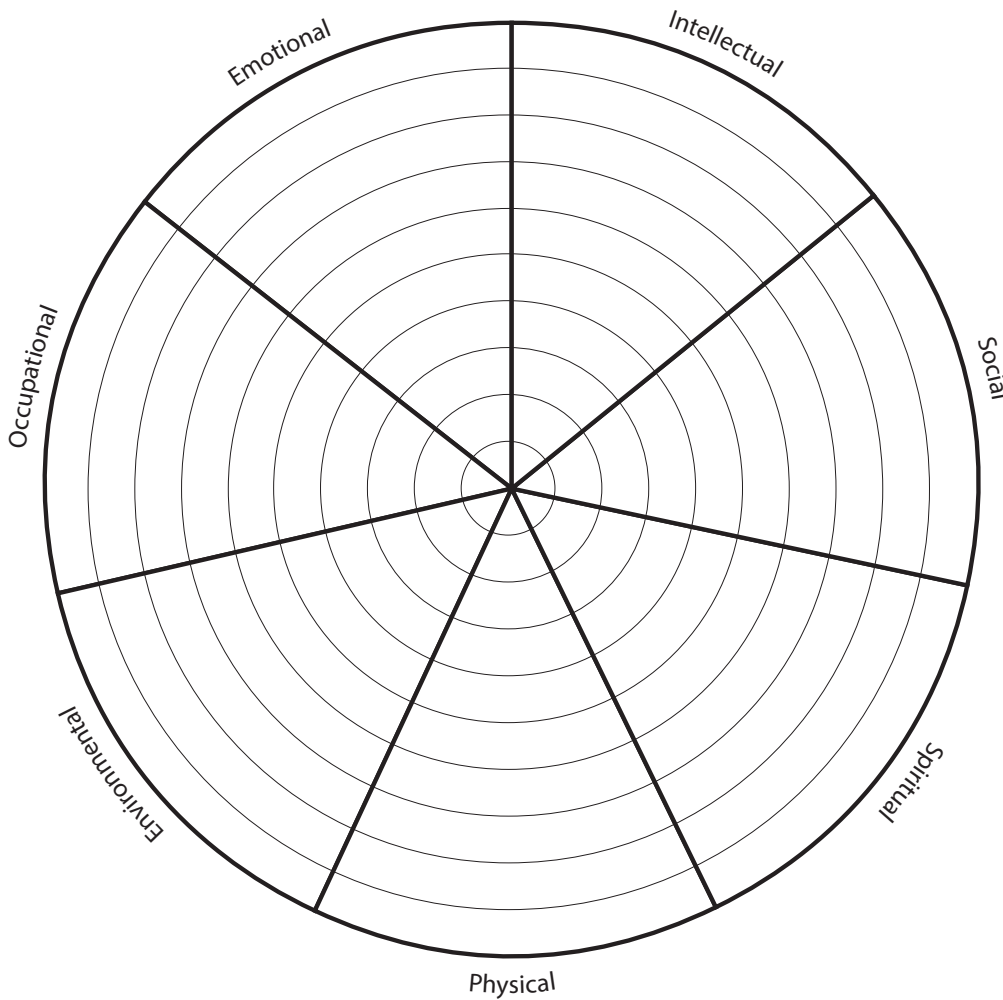
Prizes are awarded for program completion. Return log forms to Mary Harrington at mharrington@mma.org by October 7, 2022. Only MIIA/BCBS members are eligible for prizes.

Personal Worksheet and Program Directions



Wellness Wheel Activity

1. Print this page or draw the Wellness Wheel circle on a piece of paper.
2. Rank your percentage of satisfaction in each area in the table below. 1% means you are struggling and feel unfulfilled. 100% means you're totally satisfied.



Wellness Wheel Area	Ranking 1%-100%
Intellectual	
Social	
Spiritual	
Physical	
Environmental	
Occupational	
Emotional	

Wellness Wheel Resources

Intellectual: Become wiser with Quizzify-[Click here](#) to sign up.

Physical: Check out a FREE meditation or yoga class on [Ompractice](#)

Spiritual: [Click here](#) for EAP information and services for ALL employees.

Social: Meet a friend at one of the Walking in Massachusetts [walks](#). (scroll down to articles & resources)

Environmental: Find a [CSA farm](#) that works for you!

Occupational: For financial wellbeing articles, [click here](#).

Emotional: Check out [Mindwise](#), a free and anonymous mental health screening site.



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Personal Worksheet and Program Directions



3. Shade in each area according to your ranking. If you are 100% satisfied in that area, then the whole spoke is shaded. If you are 50% satisfied, only ½ the spoke is shaded in, etc. You now see a physical representation of how satisfied you are in each Wellness Wheel Area.

4. . Reflect on what you see based on your shaded wheel:

How do you feel looking at your wheel as a whole? How do you feel about each of the 7 areas?

Based on how you feel about the 7 areas, pick 2 areas you would like to work on in this program.

1. _____

2. _____

5. For the two areas you chose to work on, brainstorm a list of activities that if completed would make you feel more fulfilled and balanced. For example:

Area 1 - Social

Activities on how I could work on this area:

- a. Schedule a walk with a friend
- b. Carve out my day and plan ahead
- c. Plan a bonfire social with close friends
- d. Call a friend after dinner

Area 2 - Environmental

Activities on how I could work on this area:

- a. Sign up for a local CSA
- b. Clean the kitchen and give away items for free to friends and neighbors
- c. Buy some more plants to help clean the air quality in my home
- d. Plant a herb garden

Pick your own top 3 activities from each of your 2 Wellness Wheel areas and fill out the below sentences.

I want to work on the _____ area

1. Week 1, I will _____

2. Week 2, I will _____

3. Week 3, I will _____

I want to work on the _____ area

1. Week 1, I will _____

2. Week 2, I will _____

3. Week 3, I will _____

6. Complete the Wellness Wheel challenge by listing the activities you will engage in for each of the two areas you selected (i.e., environmental and social) and write them out in the Log Form below. Fill in the date completed and how you felt after completion.

Wellness Wheel: From Striving to Thriving Log Form



Please complete the following log form in full. Return it to Mary Harrington at mharrington@mma.org or mail to Mary Harrington, MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by October 7, 2022. To earn a prize you must do 2 activities each week - 1 from each of your 2 selected areas (see worksheet). All your activities should be different and not duplicated. All log forms must be unique in the case where a spouse or dependent is also participating.

Name _____ Employer _____

Week	Wellness Wheel Area	Completed Activity	How did you feel after Completion?	Date of Completion
<i>Example</i>	<i>Social</i>	<i>Called dad after dinner</i>	<i>Emotionally connected</i>	<i>9/14/22</i>
Week of September 12th activity 1				
Week of September 12th activity 2				
Week of September 19th activity 1				
Week of September 19th activity 2				
Week of September 26th activity 1				
Week of September 26th activity 2				

Wellness Wheel: From Striving to Thriving Prize Form



Name _____ Employer _____

MIIA/BCBS subscriber: Yes No

Email _____ Phone _____

Mailing address _____

Prize choice. Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at emiia.org. Click on Well Aware, then click on Incentives. Only MIIA/BCBS members eligible for prizes.

- | | | |
|--|--|--|
| <input type="checkbox"/> Nature Sound Spa | <input type="checkbox"/> First aid kit | <input type="checkbox"/> Salad and Pasta Pals |
| <input type="checkbox"/> Pet Lovers travel kit | <input type="checkbox"/> Zuma cooler backpack | <input type="checkbox"/> Sinus Soother |
| <input type="checkbox"/> Outdoor headlamp | <input type="checkbox"/> Fleece Blanket | <input type="checkbox"/> Under Armour® 24 oz.
Dominate Water Bottle |
| <input type="checkbox"/> Slope Messenger Bag | <input type="checkbox"/> Oven mitt | <input type="checkbox"/> Reflector Vest |
| <input type="checkbox"/> Wind chimes | <input type="checkbox"/> Bamboo cutting board | |
| <input type="checkbox"/> VODAPOD 32-ounce Water
Bottle with Time Marker | <input type="checkbox"/> Camper 34 oz. Stainless Steel
Vacuum Container | |
| <input type="checkbox"/> Shake it work out bottle | <input type="checkbox"/> Self-massage balls (set of 2) | |

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