

wellness wheel



Practice focusing attention – sit upright in a chair with both feet on the floor. Focus firstly at a distant wall, then a middle space and then close as if reading a book. Bring your attention to your breath and breathe slowly in and out. You may find it helpful to put a hand on your tummy while doing this.

Now take your mind through the different areas on the rim of this wheel practicing shifting focus to more positive rim points.

Interpersonal boundaries- OK and not OK

Eighth sense- interconnectedness

Seventh sense- mental activities

Sixth sense- interior of body – your liver, lungs, kidneys

Fitness – feel your body’s fitness

Nutrition / diet – building a healthy gut and body

Fun – connecting, laughing, playing

Body Sensations- the first five senses- touch, taste, smell, sight, hearing

Images – memories of past experiences,dreams

Feelings – developing an expanding language of emotions

Thoughts- learning to pay attention to thoughts understanding that you don’t have to believe every one of them

Sleep - focus on your sleep pattern

Mindful Wellness

www.mindfulemotioncoaching.co.uk

