

# wellness wheel

Joining Up with others,  
friends, community, world  
interconnectedness – includes  
professionals

Friends and family I can talk  
with

People and places I enjoy  
connecting with

Things I can do by myself  
that mean I feel well

[www.mindfulemotioncoaching.co.uk](http://www.mindfulemotioncoaching.co.uk)



Hub of wellness-  
joining up the  
many parts of  
ourselves

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 until you find yourself in the hub of wellness. Breathe and relax.

**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

**My moments of calm**  
when I'm feeling good

What I do to make my  
environment safe