

THE WHEEL OF WELLNESS

Before beginning this exercise please go to www.emotioncoaching.co.uk and download the short form of the EHCAP Wellness Programme for a more detailed explanation and diagram.

Think of a wheel as having a central hub and an outer rim. Things we are aware of are on the rim while the hub represents our inner self. Imagine your wheel of wellness with your eyes open or closed. As you breathe in and out, send a spoke from the hub out to the rim- this is your spoke of attention.

Let your five senses enter your awareness in turn. Let sound fill your awareness, **pause and breathe**. Move to your sense of smell, **pause and breathe**. Now let taste fill your awareness and take a deep breath. Take another breath and imagine those sensations you feel when your lid is wobbling. Take a deeper breath and let sight fill your awareness, **pause, breathe** and let touch fill your awareness- the sense of your clothes on your skin and your feet on the floor. **Pause and breathe.**

Take a deeper breath and move your attention to your sixth sense and the sensations of your inner body. Begin with your facial muscles, letting the sensations of the muscles and the bones of your face come into your full awareness. Stream your attention into your throat and neck and down into your chest and gut.

Pause and breathe.

Take a deep breath and move your attention to your moments when your lid is down and imagine yourself in your River of Wellbeing. Focus your spoke of attention on the things you do when you feel calm and content. **Pause and breathe.**

Take a deeper breath and move your attention to the next section which is noticing your environment. Imagine what you can do to make your environment safer and breathe deeply. Take your attention back into your inner body and let those places your body is in contact with the chair or the floor come into full awareness. **Pause and breathe.**

Now move the spoke of attention again this time into the section on things you can do by yourself that mean you feel well. **Pause and breathe.**

Move your spoke again and focus your attention on those people closest to you now where-ever you are. **Pause and breathe.** Expand your awareness to everyone doing this practice now. Let the sense of connection fill your awareness. **Pause and breathe.** Open to your family and friends outside this activity and let the sense of connection fill awareness. **Pause and breathe.** Open the sense of connection to colleagues at work. **Pause and breathe.** Then open that sense of connection further to everyone in the school - parents, families, children, young people. See if you can open your sense of connection outside beyond the school to your community and beyond. **Pause and breathe.**

Now I invite you to find the wave of the breath again and taking a deeper breath we'll let this wheel of wellness practice come to a close.



created by Dr Sarah Temple
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