



# Wellness Activities

For the wellness activities listed below, see if you can determine the dimension of wellness this activity describes.

1. Pursuing college or continuing education.
2. Reads for fun and/or relaxation
3. Volunteers.
4. Keeps a list of financial goals.
5. Pursues on-the-job training.
6. Plays a musical instrument.
7. Uses allocated break time at work.
8. Gets enough sleep.
9. Smiles and laughs a lot.
10. Makes time for play.
11. Reads inspirational literature.

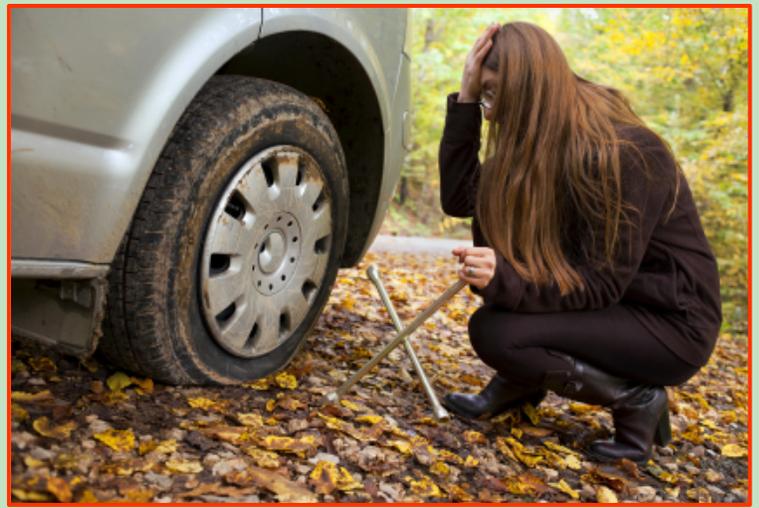
It is not critical that you be able to identify which activities fit each dimension. It is helpful, however, to have a balance of each of the six dimensions in your life.



## We're all in this together!

To learn more about your team, consider using the icebreaker (located on our *Wellness@WIC* webpage) at your next all staff meeting:

<http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/wellnessatwic.aspx>



# Wellness Wheel Assessment

The wellness wheel below will help you assess the balance of the six dimensions in your life. Using a crayon, start at the center of the wheel and color the area that illustrates your satisfaction with each dimension. This will create a new outer edge.

## How smoothly will your wheel roll?

To download a copy of the full version of this activity, please visit:

<http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/wellnessatwic.aspx>

