Wellness Wheel

The wellness wheel provides a visual representation of the concept of wellness that demonstrates the need for "balanced" or "well-rounded" lives. To attain and maintain harmony and balance in our lives, we must pay attention to each of the four dimensions of wellness. To neglect or over-emphasize any of the four dimensions will result in an out-of-balance (out-of-round) wellness wheel.

Imagine the wellness wheel as a tire made up of four separate air chambers – each one representing a dimension of wellness. If one or more of these air chambers is either over-inflated or under-inflated, the wheel will be unbalanced and the road of life will be a bumpy one. We roll along through life more smoothly when our lives are "well-rounded" or balanced. These ideas are represented visually through the three following graphics:

Balanced/Round Wellness Wheel

This wellness wheel belongs to a person who takes responsibility for achieving balance in his/her life. As a result, this person is rolling along smoothly through life – for whom everything is going "just right".

Out-of-balance/Out-of-round Wellness Wheel #1

This wheel could represent a person who is overly concerned with having fun and socializing (social dimension), and neglects the physical dimension (e.g., has a low level of physical fitness, and/or is overweight, and/or does not have a healthy diet, etc.).

Out-of-balance/Out-of-round Wellness Wheel #2

This wellness wheel is that of a person who is obsessed with the physical dimension of wellness. He or she engages in physical activity for so many hours each day that there is no time for attending to elements of wellness in the other dimensions (e.g., meaningful relationships, reading).