

Wheel of Wellbeing

Mental wellbeing

relates to experiencing positive emotions, feelings of inner happiness, self-acceptance, life satisfaction and ability to cope with life stressors

Financial wellbeing

the extent to which you are managing your current commitments comfortably and having the financial resilience to maintain this into the future

Social wellbeing

is our experience of positive relationships and connectedness to others

Environmental wellbeing

is about your sense of safety, comfort and connection with your physical surroundings

Occupational wellbeing

is the personal satisfaction and enrichment you get from your work and feeling good about the work you do

Physical wellbeing

is the lifestyle behaviour choices you make to ensure health, avoid preventable diseases and conditions, and live in a balanced state of body and mind

Spiritual wellbeing

relates to our sense of life-meaning and purpose, including our connection to culture, community, spirituality and the beliefs, values, mental models and ethics we hold

