# Wellness Wheel Coloring Activity

This activity asks students to think about the eight dimensions of wellbeing. For each dimension, they decide how satisfied they are in this moment and color in the corresponding section to represent the level of satisfaction. The completed wheel creates a nice visual representation of their current state of wellbeing.

This is an activity that can be done in class or lab (5-10 minutes maximum) or at home. I combine it with a reflection that asks some version of the following questions:

* On which dimension(s) are you currently spending most of your energy?
* On which dimension are you currently spending the least amount of energy?
* Rank the dimensions in order of importance to you. Does your ranking of the dimensions align with how you’re spending your energy?
* What is one small thing you could do to right now to align your values (ranking) with your behavior (energy expenditure)?

The wellness wheel also works really well with the Clinician’s Brief article included in the Wellness in Vet Med folder titled, “*What Is Wellbeing, Why Is It Important, & What Can We Do to Promote It?*”

The attached wellness wheel activity page is an image that can be copies and printed.

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