

# MENTAL HEALTH MEDICINE WHEEL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

The Medicine Wheel represents four facets of wellbeing that must each be fulfilled to find balance. For each facet, read the brief description below and, in the corresponding location of the wheel, write down 3-5 things you do to fulfill this facet. If you are having trouble identifying something you currently do, then think about what you could do in the future.

## —• SPIRITUAL (SOUL)

Includes values, beliefs, a sense of meaning and purpose. This may or may not be related to religion.

## —• PHYSICAL (BODY)

Includes diet, activity level, age, physical illnesses or symptoms such as pain.

## —• MENTAL (MIND)

Includes inter- and intrapersonal skills, relationships, education, and thoughts.

## —• EMOTIONAL (HEART)

Includes the entire range of human feelings such as joy, love, belonging, fear, shame, and anger.

