

# Wellness Compass

## Physical

Eating well, getting enough sleep and exercise

## Mental

Having positive thoughts, making good choices, being a life long learner

## Emotional

Managing stress, understanding why you feel one way or another

## Spiritual

Finding meaning and purpose in life

## Social

Connecting with others, having a sense of community, having meaningful relationships

## Occupational

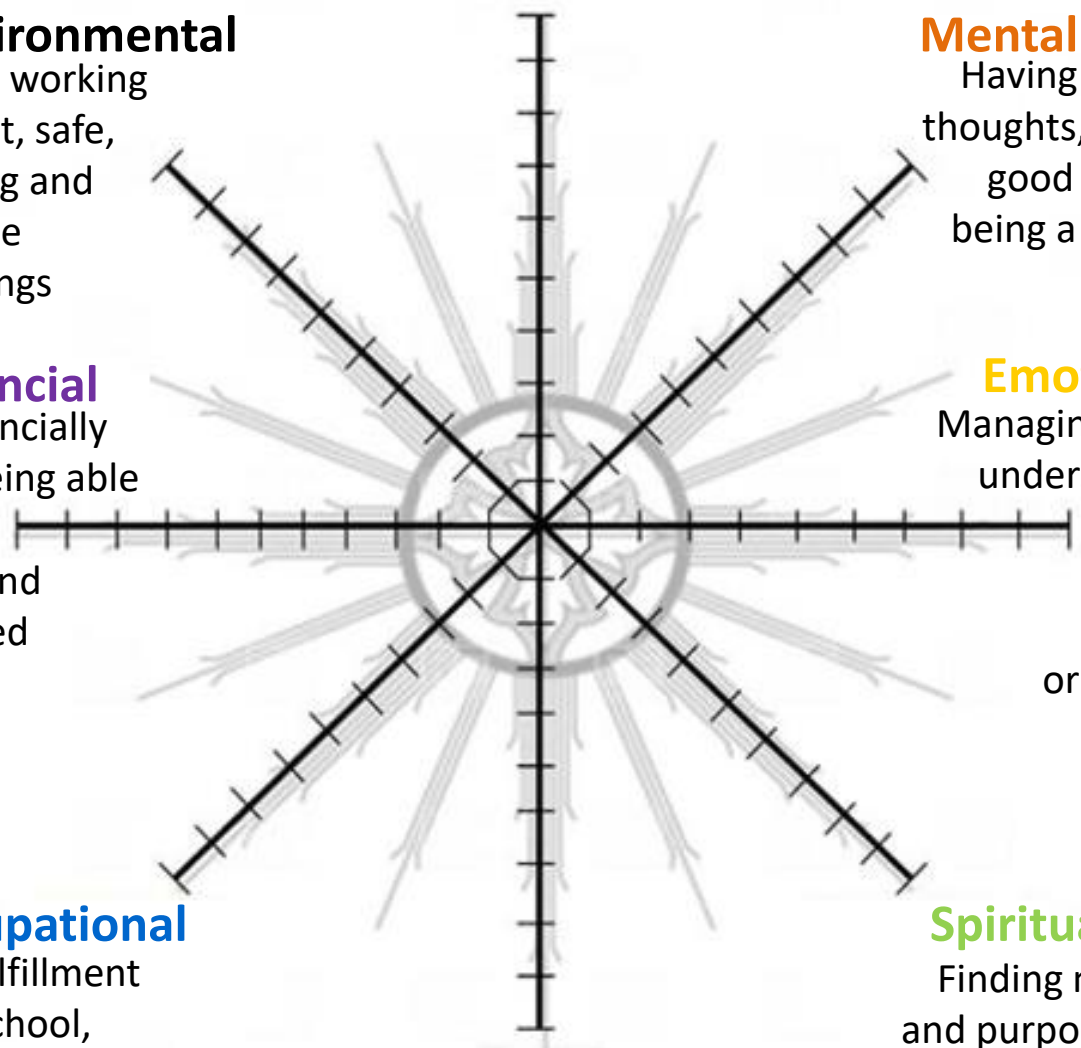
Finding fulfillment in work/school, learning skills, gaining useful experience

## Financial

Being financially secure, being able to handle planned and unexpected expenses

## Environmental

Living and working in pleasant, safe, stimulating and sustainable surroundings



For additional information about the Wellness Compass and to download additional compass worksheets, visit the Resources area of the Family Health Data Network website: <http://fhdn.org>

# Wellness Compass Calibration

| Wellness Dimension | Color  | Definition  |
|--------------------|--------|---|
| Physical           | Red    | Healthy body: physical fitness, good nutrition, well rested   |
| Mental             | Orange | Healthy thoughts: good coping skills, decision making skills, ability to assess situations accurately, ability to identify options and make choices |
| Emotional          | Yellow | Healthy feelings: ability to identify what you are feeling, sense of responsibility for your own feelings; ability to resist and embrace feelings   |
| Spiritual          | Green  | Healthy soul: Expanding a sense of purpose and meaning in life; positive energy and spirit  |
| Social             | Blue   | Healthy relationships: a sense of connection, belonging, and a well-developed support system, creating satisfying relationships                     |
| Occupational       | Indigo | Healthy work: personal satisfaction and enrichment from one's work  |
| Financial          | Violet | Healthy finances: Satisfaction with current and future financial situations   |
| Environmental      | Black  | Health surroundings: pleasant, stimulating, safe, sustainable places to live and thrive in now and in the future                                    |

| Wellness Dimension | Color  | Definition Refinements – Calibrated for me, using my own words |
|--------------------|--------|--|
| Physical           | Red    |  |
| Mental             | Orange |  |
| Emotional          | Yellow |  |
| Spiritual          | Green  |  |
| Social             | Blue   |  |
| Occupational       | Indigo |  |
| Financial          | Violet |  |
| Environmental      | Black  |  |