

Stress Resilience with the Wellness Wheel

Use the following six “wellness areas” below to assess your current well-being and develop purposeful actions to reduce stress and build resilience this winter. Reflect honestly—small shifts in balance can lead to meaningful change.



Physical Wellness

Self-Check: Do I prioritize sleep, movement, and nutrition despite the holiday busyness?

Goal Ideas:

- Schedule 15 minutes daily for a mindful body scan or gentle stretch.
 - Try contrast showers: alternate 1 min warm and 20 sec cool to boost circulation.
 - Prepare one nourishing, anti-inflammatory meal each day.
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♥ Emotional Wellness

Self-Check: How well do I process emotions and restore peace throughout the day?

Goal Ideas:

- Practice a 4-6-8 breath pause when you feel overwhelmed.
 - Write a supportive letter to yourself once a week.
 - Create a “mood color map” to visually express your feelings.
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Social Wellness

Self-Check: Am I connecting authentically with people who energize and support me?

Goal Ideas:

- Reach out for one genuine conversation this week, phone or in person.
 - Volunteer or help someone in a way that feels manageable.
 - Express one boundary clearly and kindly to reduce overwhelm.
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Spiritual Wellness

Self-Check: Do I take moments to connect with purpose beyond daily stress?

Goal Ideas:

- Take a 5-minute daily nature pause, feeling senses around you.
 - Read a poem, scripture, or philosophy that inspires you weekly.
 - Light a candle each evening and reflect on “what felt enough today.”
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Financial Wellness

Self-Check: How mindful am I about spending and savoring resources?

Goal Ideas:

- Track holiday spending limits with a simple budget.
 - Unsubscribe from one marketing email list that triggers impulse buys.
 - Gift a service or homemade present instead of purchasing.
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Environmental Wellness

Self-Check: Is my space supporting calm and clarity, or clutter and distraction?

Goal Ideas:

- Dedicate 10 minutes to declutter a frequently used area this week.
 - Add a plant or open a window daily for fresh air.
 - Remove shoes at the door to create cleaner, healthier home energy.
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Reflection & Commitment

Take time to reflect & commit to find at least one area on the wheel that has your life out of balance. Use the following questions to assist you in identifying these areas. Once identified, commit to 1 "goal idea" in that area to commit to putting that goal into action.

- Which Wellness areas are my strongest?
- Which areas am I ready to nurture first?
- What one small step can I take today to rebalance my Wellness Wheel?

This worksheet is designed to help you create a personalized, holistic stress management plan grounded in functional medicine principles. Celebrate every step forward and return to these questions monthly to track your evolving resilience.