

STRESS MANAGEMENT

This wheel contains eight sections that, together, represent one way of describing a whole life. It is a snapshot taken in the moment- how you feel right NOW. Rank each section of their lives from 0 to 10, 0 being in the center of the wheel and 10 at the edge, make a dot on the approximate spot. In this activity the focus will be in the amount of time and intensity spent in each area.

Then, draw lines connecting the dots forming an inner wheel, then look at the shape. The goal here is to build awareness around the fact that for a wheel to roll and turn, it needs to be round, and when not well balanced, this wheel will roll and bump first on one's strong points. It's a tool to recognize where one needs to focus in order to balance life.

