



Dimensions of wellbeing

Dimensions of well-being	What it means	Ask...
Emotional	A positive, psychologically safe environment	<ul style="list-style-type: none">• Do we refrain from judging each other?• Do we trust each other?
Intellectual	A stimulating environment that fosters creativity and innovation	<ul style="list-style-type: none">• Do we feel inspired?• Are we learning together?• Are we trying new things?
Occupational	A sense of shared purpose and meaning	<ul style="list-style-type: none">• Do we take advantage of our individual strengths?• Do we celebrate team successes over personal ones?
Physical	Taking care of our bodies and physical needs	<ul style="list-style-type: none">• Are we sleeping well?• Are we moving our bodies?• Do we help each other manage stress?
Social	A well-developed support system where people feel included and respected	<ul style="list-style-type: none">• Do we make space for each other's learning and communication styles?



Virtual First: Wellbeing Kit

Personal wellbeing wheel

Review the questions on page 1 for each section of the wheel. If you're very fulfilled in that area, put a dot on the outside of the wheel. If you're less fulfilled, put the dot on the inside.

