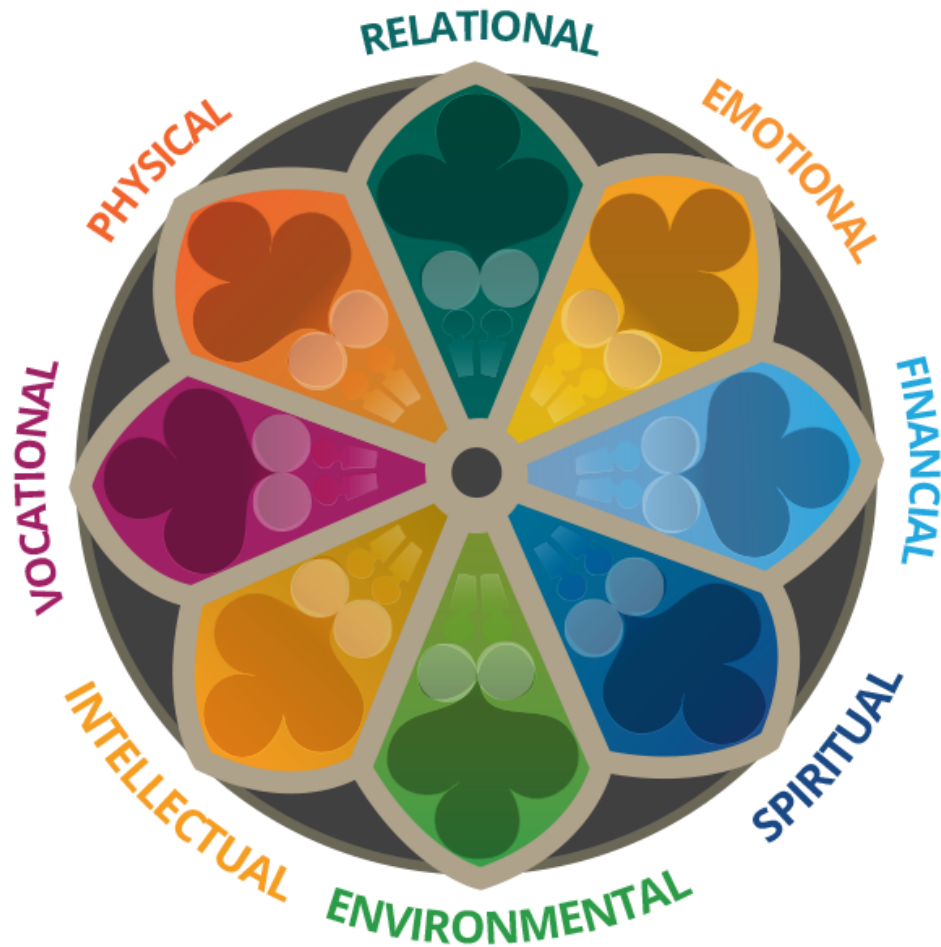


Harvard Wellness Resources

Framework developed by Center for Wellness & Health Promotion



Physical

- [Harvard University Health Services](#)
- [Harvard Recreation](#)

Vocational

- [Office of Career Services](#)
- [Academic Resource Center](#)

Intellectual

- [Harvard Events](#)
- [Harvard Art Museums](#)

Environmental

- [Sustainability at Harvard](#)
- [GSAS Student Center](#)

Relational and Social

- [Engage Events](#)
- [Outings and Innings](#)

Emotional

- [Counseling and Mental Health Services](#)
- [Support](#)

Financial

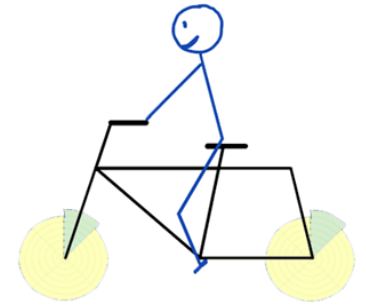
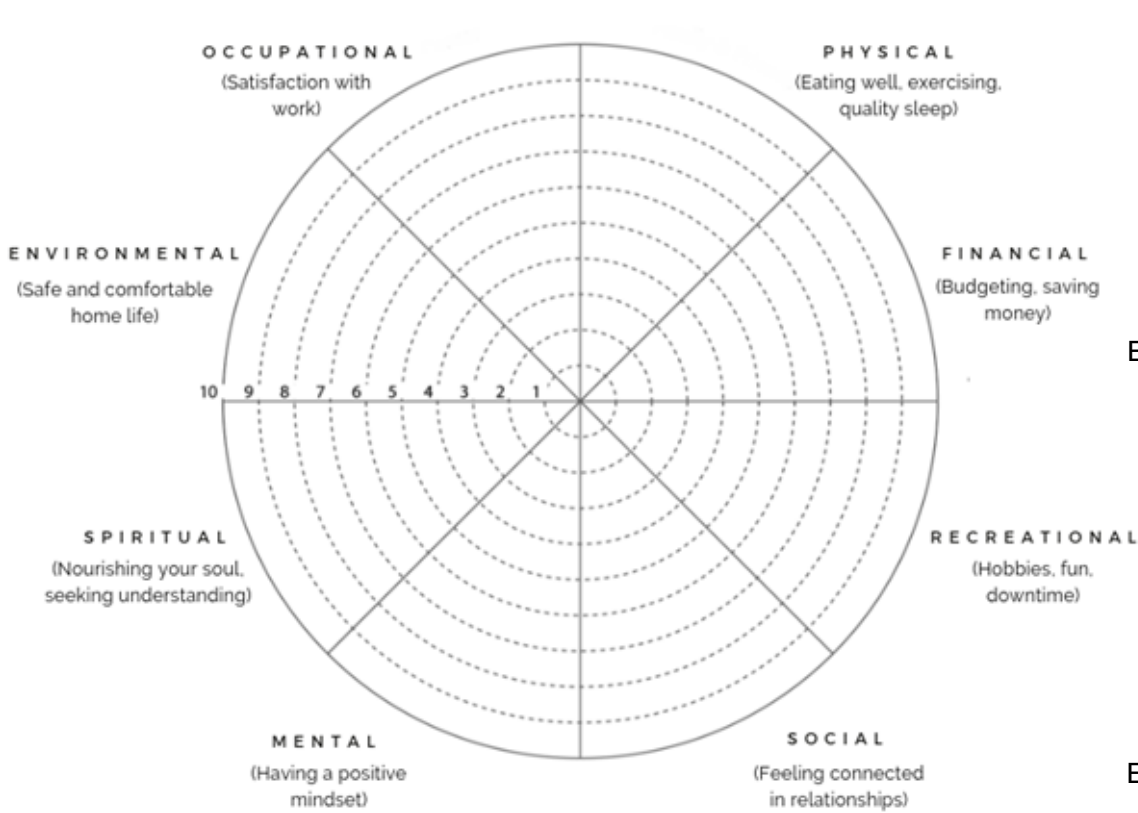
- [Financial Wellness](#)
- [Financial Aid & Support](#)

Spiritual

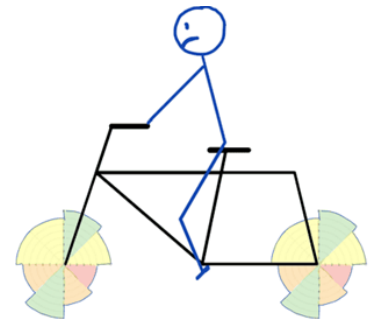
- [Harvard Chaplains](#)
- [Arnold Arboretum](#)

Wellness Wheel

Wellness Wheels can be used to identify which areas of life you are struggling with, and in which areas you are feeling confident and fulfilled. Rate each category from 1 to 10 (10 being well-balanced) and mark a dot on the circle. Connect the dots to see the shape of your wheel and reflect on which areas need "pumping up".



Example of a Well-Balanced Wheel



Example of an Unbalanced Wheel

As you can see, when our Wellness Wheel is unbalanced, making forward progress becomes much more difficult!

Notes: What are your reactions? Which areas need additional focus? Which areas are strong right now?
