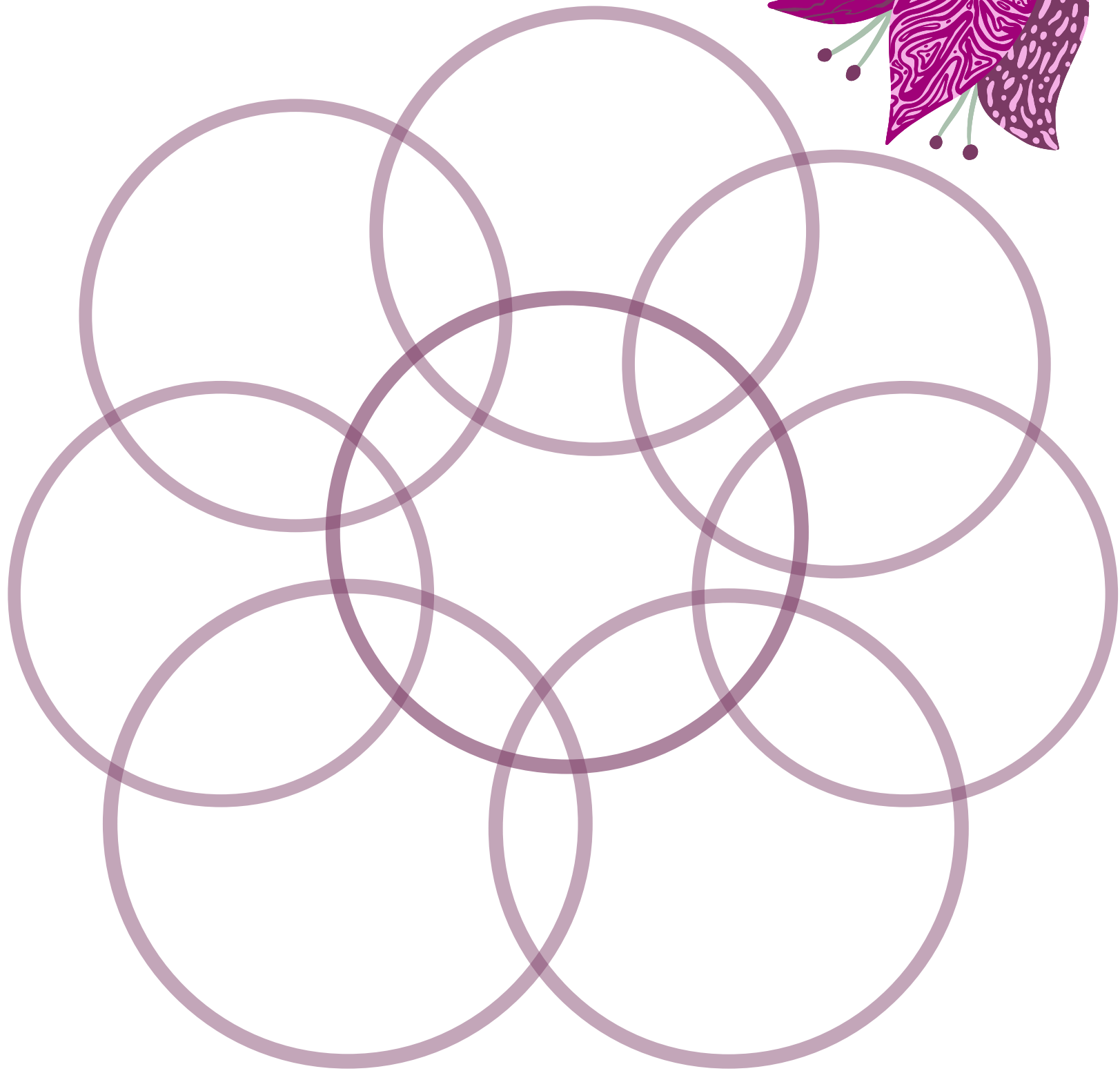
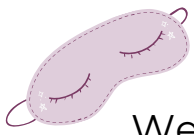


Wellness Wheels



Wellness wheels are used to help identify areas of internal strength and resilience and areas to turn to devote time, emphasis and attention to support you on your wellness journey.

For more resources check out: PerinatalSupport.org.



Using the Wellness Wheels

We've identified 8 key areas of wellness, but you can use as many or as few as you like. You are also encouraged to add your own!

Food: Healing, nourishing and caring for your body. *Examples: I will emphasize protein-rich foods to my improve mood and ways to prepare. I'll write out a shopping/meal prep plan, and always keep Luna bars stocked for a quick snack.*

Movement: Tending to your body, which needs healing. *Examples: I have concrete ways to incorporate movement into my daily rituals, a walk around the block, or into the front yard for some baby-assisted stretching.*

Sacred Space: This can include home space, the need for privacy, or emotional space as well. *Examples: I will come up with a list of things that can be delegated to maintain pieces of my household sanctuary. I.E. dirty dishes must leave the bedside table daily. Or, to promote bonding only parent/s hold the baby during their awake hours. During naps, they can go to others relatives.*

Community: Identifying support systems and creative ways of being cared for. Social support is critical to reducing stress and feeling valued. Small and large ways people can provide support are essential. *Examples: What people rejuvenate me? I will detail when I will have time by myself and other nourishing relationships. In what ways can they show up for me? Is it to bring a coffee lifeline or maybe run a load of clothes, or perhaps just another new parent to text at 4am during infant feedings.*

Connection to Earth/Place: Creating and sustaining relationships with special places is one way to support wellness. *Examples: I will take walks to my favorite parks and beaches, accessing my natural surroundings as a source of strength.*

Peacefulness: Peacefulness can also be referred to simply as “the quiet to think.” It is the ability to be regulated and not surviving in flight/fight/free mode. *Examples: I will take one 15 minute shower in silence each week so I can be alone and wash my hair.*

Sleep: 4-5 hours of uninterrupted sleep provides the body's necessary restoration. *Examples: I will detail how to schedule sleep in overnight shifts or naps and improve my sleep hygiene around screen time to maximize my rest.*

Therapy/Medication: Counseling with a therapist trained on Perinatal Mood and Anxiety Disorders or medication management could be strategies that would complement or support your journey. *Examples: I will search the PS-WA directory to locate a provider and make a list of 3 providers to call next week.*

Wellness Wheels Example

