



Christ Church  
Grammar School  
PERTH, WESTERN AUSTRALIA

**2016**  
**AD ASTRA**

**LIVE WELL WHEEL**



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# Live Well Wheel

- What is living well?
- Living Well Wheel Exercise
- What are you prepared to do? Action!
- Your time is now-Mindset clip.
- What you put in is what you will get out



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# LIVING WELL

## What is Living Well?

- **Definition-** Living Well is considered to be a balance of physical, emotional, social, spiritual, occupational and intellectual health that assists in the attainment of optimal health.
- There are 6 main areas that contribute to optimal and holistic health.
- Physical, Emotional, Social, Spiritual, Occupational and Intellectual



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- **Physical**-This involves taking an active role in maintaining our physical health and choosing behaviours that promote health.
- **Emotional**-This area recognises awareness and acceptance of our feelings. It involves the capacity to manage our feelings and related behaviours including the ability to cope with stress.
- **Social**- This involves the relationships with family, friends and the people in the wider community that you interact with from day to day.



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- **Spiritual-** This area considers the meaning and purpose of our lives and how consistent our actions are with our beliefs and values.
- **Occupational-** This involves the things you do to occupy your time including looking after yourself, family and home and participating in leisure activities/hobbies or **study**.
- **Intellectual-** This area relates to our ability to think, concentrate, learn and solve problems.



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## LIVE WELL WHEEL

- **The Live Well Wheel Exercise-Time for personal reflection**
- **What are you prepared to do to make a positive step forward with this?**
- **Go for it now... the future is is promised to no one!**