



The Wheel of Wellbeing is about doing more of the things you enjoy.

Research shows that certain actions and activities can improve your moods, strengthen your relationships and add seven years to your life!

There are lots of ways to grow your wellbeing. Use the panels on the right to add in your own ideas.

**Funded by the
Queensland Mental Health Commission**



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Body: Be Active

Even 10 minute sessions of physical activity can make you feel good.

- Go for a walk or run
- Ride your bike
- Play a game

Today ☐ This Week ☐ This Month ☐



Mind: Keep Learning

Learn something new or boost your skills. It's fun and it helps build confidence.

- Fix a bike
- Learn to play an instrument
- Cook your favourite food

Today ☐ This Week ☐ This Month ☐



Spirit: Give

Do something nice for a friend or a stranger - even doing small things can make a big difference.

- Compliment someone
- Smile
- Volunteer

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People: Connect

We get by with a little help from our friends.

- Contact someone
- Join a nearby club or group
- Plan to meet up with friends

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Today ☐ This Week ☐ This Month ☐



Place: Take Notice

Take time to be aware of the world around you.

- Explore your local area
- Notice your feelings
- Be curious

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Today ☐ This Week ☐ This Month ☐



Planet: Care

Look after your community and your environment.

- Reduce, reuse and recycle
- Plant a seed
- Walk or use public transport

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Wheel of Wellbeing



There are lots of ways to grow your wellbeing. Check out these tips and use the blank spaces to create your own!

www.wheelofwellbeing.org

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