



Physical wellness involves taking steps to find healthy habits that can support overall wellness. Wellness in this area focuses on nutrition, exercise, and sleep.

PHYSICAL WELLNESS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Think about a time when you felt great physically. What made you feel good?
2. What is your relationship with exercise? Is there a type of movement you enjoy that you can integrate into your lifestyle if you haven't already done so?
3. How is your sleep hygiene? Do symptoms of depression or bipolar ever interfere with your sleep? What conditions provide you the best rest?
4. What foods would you like to eat more of? Less of? Discuss what foods feel good to eat.
5. Describe any health challenges that you have had. How have you coped with those challenges?
6. What do you need to do going forward to minimize your health challenges?
7. Write a love letter to your body.
8. Write down a list of things you can do to reduce stress.
9. Write out your favorite recipes. (*Pro tip: Categorize them from easiest to hardest. Sometimes when you're not feeling your best, cooking can be hard, so put your favorites at the top!*)



DBSA Wellness Wheel Journal Prompts



Occupational wellness involves finding work that is satisfying and aligns with personal values and goals.

Wellness in this area is also about balancing work with personal life and leisure time.

OCCUPATIONAL WELLNESS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Imagine you are nearing retirement – or if you're already there, respond from where you are! Make a list of what you'd like to accomplish before you retire.
2. Describe your relationships with your co-workers. How do they support you?
3. Describe what your dream job would be like. What would your day-to-day schedule look and feel like?
4. How can you step out of your comfort zone at work? Are there new projects that you would like to take on? What would you like to learn?
5. Think of a co-worker who is really inspiring to you. Write about how they inspire you and what you can learn from their work style.
6. Define what success means to you at work.
7. Describe a stressful situation that you overcame in the workplace. What skills did you use to overcome the stress?
8. Write a letter of appreciation to a boss or work peer who inspires and motivates you.





DBSA Wellness Wheel Journal Prompts



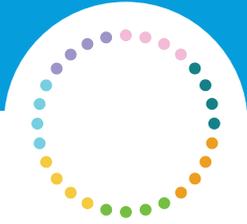
Financial wellness involves learning how to manage expenses. Wellness in this area also means considering spending and saving habits.

FINANCIAL WELLNESS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Are there times you see yourself spending based on your emotions?
2. How can you prevent behaviors that can cause excessive spending?
3. If you live with bipolar and have experienced mania or hypomania, have symptoms ever affected your spending?
4. If you live with depression, do you ever find yourself spending money to self-soothe? What are some things you have bought that you later realized you didn't need?
5. If you have experienced a time with excessive spending, what did you do to recover from that time period?
6. Review your bank statements. What are some things you spend money on that you could cut out?
7. If you were to win or come into a lot of money, what would you do with it?
8. Create your ideal budget. What would you spend more or less on and why?





DBSA Wellness Wheel Journal Prompts



Environmental wellness involves living in harmony with both natural and built spaces. Wellness in this area means enjoying your surroundings, modifying them to suit you, and caring for the earth.

ENVIRONMENTAL WELLNESS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Describe a time when nature soothed you. What did you hear? Smell? Feel? What was your mood like because of this connection with nature?
2. If you live in a space or climate that affects your mood, discuss how you cope with that and what you have learned.
3. Visualize a perfect day spent in nature. What would you do? What would you see? What would the weather be like?
4. Think about your favorite spot in your home. Why is it your favorite spot? What items or conditions make it special to you?
5. Visualize your perfect bedroom. What would make it the best place for you to rest and relax?
6. What are some things that you can do at home that don't involve technology?
7. Think about a favorite sentimental object. Describe what it means to you.
8. Make a cleaning to-do list. Write solutions down to help you better organize yourself.





DBSA Wellness Wheel Journal Prompts



Social wellness involves creating and sustaining healthy, supportive relationships. Wellness in this area means considering how to connect with others and create community.

SOCIAL WELLNESS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Describe a relationship that is meaningful to you. What does that person do to make you feel valued? What is your communication like? Why is this person important to you?
2. Have you ever had a mentor? What wisdom has that person shared with you that has been useful to you?
3. Do you ever feel that symptoms make you want to be less social? What are some ways you can stay connected to others even if you feel like isolating?
4. Write down some people who have helped you. Why and how did they help? Would you be able to help others in the way that they have supported you?
5. List the top 3 people you spend time with. How do they affect your day to day life?
6. If you didn't have to worry about the opinions of others, how might your life be different?
7. What are some ways you can give back to your community?
8. Is there someone in your life that you would like to do more for? How can you reach out and offer help or support to this person?





DBSA Wellness Wheel Journal Prompts



Intellectual wellness involves participating in activities that increase curiosity. Wellness in this area involves considering how having hobbies and interests can continue to stimulate our passions.

INTELLECTUAL WELLNESS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. Describe a piece of art that inspires you.
2. Think about having a creative outlet. Do you currently have one? If not, what kind of creative outlet might you be interested in pursuing?
3. Think of an album that has impacted your life. Pick several songs from the album and describe how the music and lyrics make you feel.
4. Is there a movie or television show that inspires you? What about the show do you love?
5. Make a playlist that captures the essence of you. Create liner notes that describe why you chose each song and why it is meaningful to you.
6. What is something that you want to learn more about that you currently don't know much about? What are steps you can take to learn more?
7. Imagine you are going to college right now (even if you never attended or you're well past college age). What would you major in and why?
8. Write a list of books you have read or would like to read. Turn it into a project to read through that list.





DBSA Wellness Wheel Journal Prompts



Spiritual wellness involves finding connection with values, meaning and purpose. Wellness in this area includes practices that can create connection with community and our higher selves.

SPIRITUAL WELLNESS

Use the following questions as prompts for further exploration. Write your thoughts in a journal.

1. What are your views on religion?
2. What are some things that help you stay connected to your faith?
3. Are there traditions that are associated with your spirituality? What is your favorite tradition? Describe why it is meaningful to you.
4. Describe a time where you felt completely calm. What conditions were present to make you feel this way.
5. Describe a time where you felt connection to a higher power, whatever that means for you. What was that experience like?
6. If you were to write your own mission statement, what would it say?
7. What is a painful experience you have gone through? What factors helped you get through this experience?
8. Define what peace means to you.

