**M4: A3 Wellness Wheel Reflection**

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|  | **1.  Wellness Wheel Activity**  Go back to the Wellness Wheel you did in your Healthy Healers folder. (You did this in the pre-course.) Review the activities you are doing now, to maintain wellness and balance in the physical, mental/emotional, social and spiritual areas. Are you doing different activities, now compared to a month ago? In your e-journal: • Describe any changes you have made or new ideas or exercises you are trying.  • Have you noticed any benefits, with your stress levels, enjoyment of work, or in your relationships, if so please describe. |