

Workplace Wellness Wheel

List of Resources Consulted

The following resources were consulted to create the UWindsor Wellness Wheel:

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- Amador de San José, C. (2020). What Is The Wellness Wheel? Here's How It Can Help You Lead A Plentiful, Balanced Life. Retrieved from: <https://allwork.space/2020/09/what-is-the-wellness-wheel-heres-how-it-can-help-you-lead-a-plentiful-balanced-life/>
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- Simon Fraser University (currently being updated). Wellness Wheel. Retrieved in 2021 from: <http://www.sfu.ca/students/health/resources/online-tools/wellness/wheel.html.html>
- University of Guelph (n.d.). Seven Dimensions of Wellness. Retrieved in 2021 from: <https://wellness.uoguelph.ca/services/wellness-education-promotion-centre/seven-dimensions-wellness>
- Vancouver Island University (2020). Dimensions of Wellness. Retrieved from: <https://services.viu.ca/health-and-wellness/dimensions-wellness>
- Whittaker, A. (2021). How to Use a Wellness Wheel to Assess Your Health & Wellness! Retrieved from: <https://www.udel.edu/academics/colleges/canr/news/2021/february/how-to-use-a-wellness-wheel/>