NATIONAL WELLNESS INSTITUTE
MULTICULTURAL WELLNESS WHEEL

PERSONAL & FAMILY

EDUCATION

SOCIO-ECONOMIC STATUS

GENDER

INTEGRATIVE HEALTH

WELLNESS

MIND

BODY

SPIRIT

UPSTREAM

INCENTIVES

POLICIES

ADVOCACY

SOCIAL MARKETING

RESOURCES

PARTNERSHIP

INDIVIDUAL NEEDS

ACCESS

UPSTREAM

TIME MANAGEMENT

PRIORITY

ENERGY MANAGEMENT

CULTURAL SENSIBILITY

VALUE-BASED CULTURE

INCLUSIVE WORKPLACE

WORKSITE

MIDSTREAM

DOWNSTREAM

COMMUNITY

RELIGION/SPRITUALITY

SEXUAL ORIENTATION

ETHNICITY

RACE

AGE

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