

Wellbeing Wheel

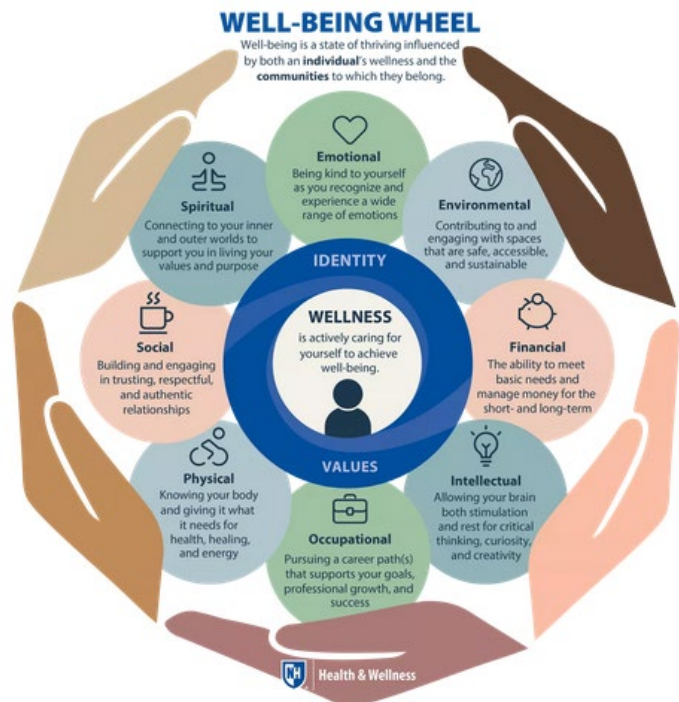
Keiki Crew Wellness

Month: January 2023

What is it?

Wellness and wellbeing are terms that have a loose definition, encompassing a holistic approach to health. It explores the physical, intellectual, social, emotional, occupational, spiritual, financial and environmental factors that can influence how we feel.

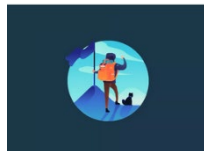
Over 2023 we will look at many different aspects of wellbeing and wellness, supporting you through the wellbeing wheel. We hope to provide you with the tools to help you live a balanced life.



Tips

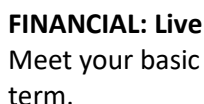
EMOTIONAL: Be Kind to Yourself.

Check in with yourself, don't be afraid to say no and talk to someone if you need to.



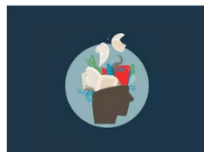
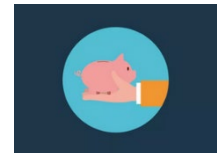
ENVIRONMENTAL: Contribute to and Engage in Spaces that are Safe, Accessible and Sustainable.

Create a space that makes you feel safe, comfortable and at ease.



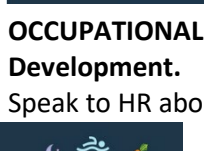
FINANCIAL: Live Within Your Means and Think Long Term.

Meet your basic needs and manage your money for the short and long term.



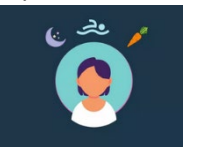
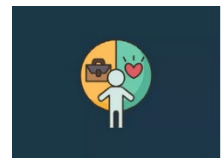
INTELLECTUAL: Your Brain Needs Stimulation and Rest.

Your mind needs to keep active too, give it a regular workout and get enough sleep.



OCCUPATIONAL: Set Goals and Support Your Own Professional Development.

Speak to HR about progression or professional development.

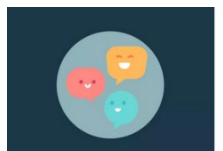


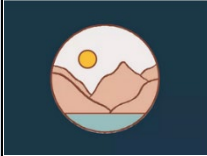
PHYSICAL: Give Your Body What it Needs.

Be active, eat well and drink water!

SOCIAL: Create a Balance Between Social and Personal Time.

Build and engage in trusting, respectful and authentic relationships.





SPIRITUAL: Discover a Sense of Mindfulness and Fulfill Your Purpose.
Develop a purpose in life and spend time reflecting on yourself and the events in your life.

**Access
EAP**

REMEMBER: Keiki Early Learning provides you access to AccessEAP which is an Employee Assistance Program. The EAP is voluntary, confidential and complimentary counselling service. It is a short-term, solution focused approach to help you enhance your overall wellbeing.

AccessEAP

- *Download the AccessEAP app via the Apple App Store or Google Play*
- *Sign up*
- *Enter your first name, last name, email address and password*
- *Enter the domain **keikiearlylearning.com.au** and select your role (Manager/Employee)*
- *Start your wellbeing check to personalise the tools available to you.*