

World Teen Mental Wellness Day

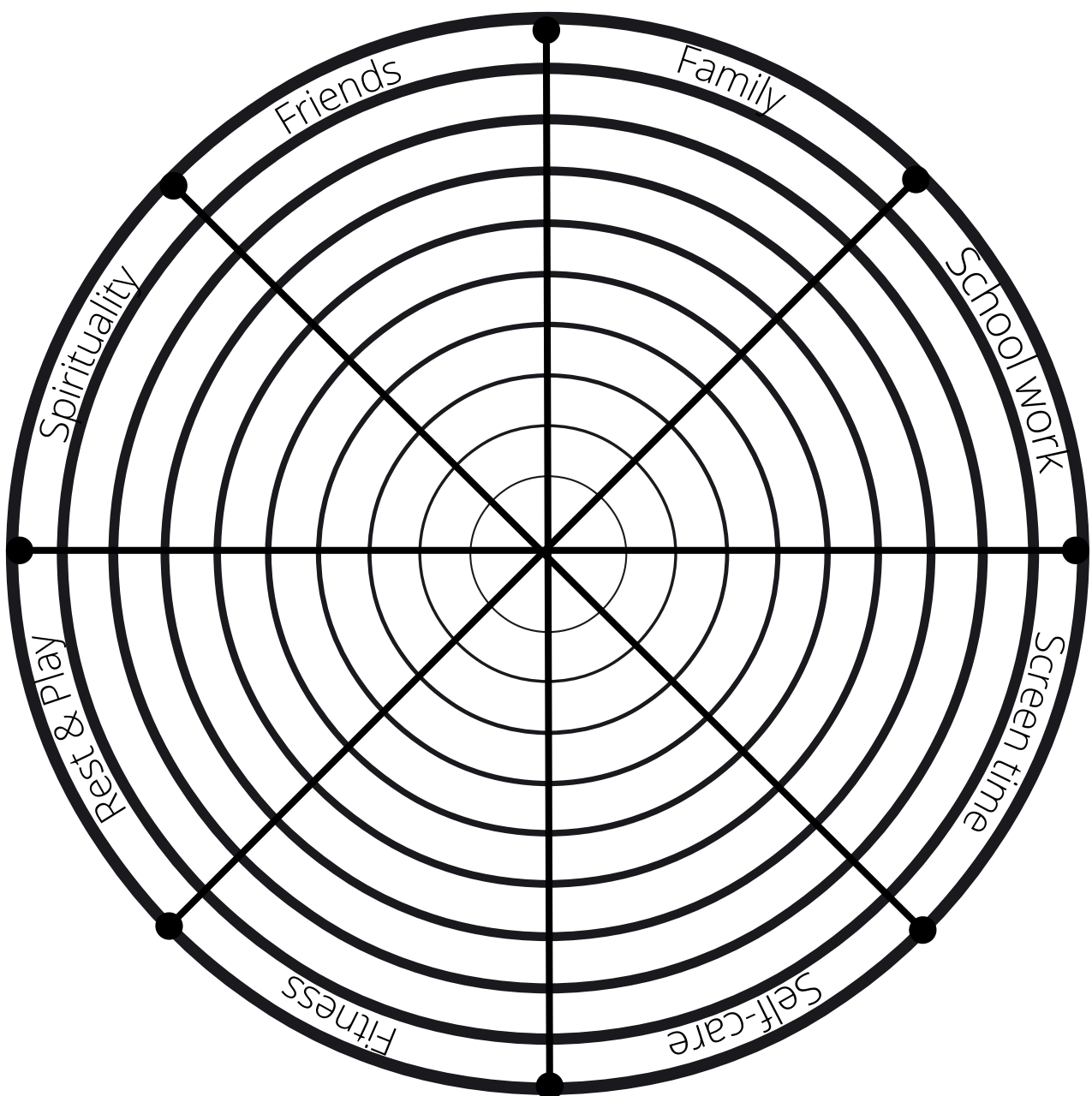
1

02 March 2022

A day set aside to raise awareness about the mental health issues that teenagers deal with.

The Balance Wheel of Life

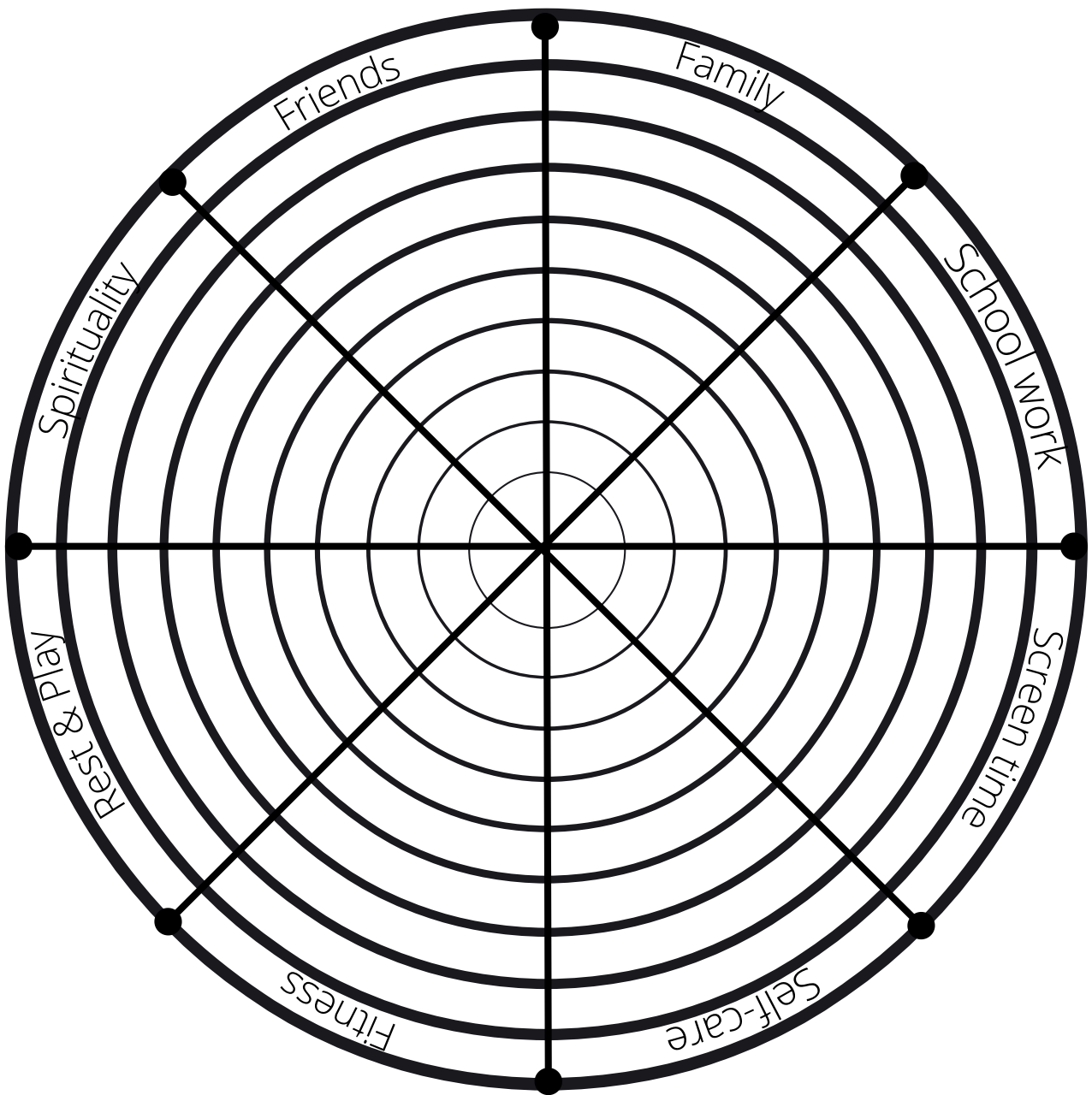
Start at the center, and use colours to shade in the arcs to signify the amount of time you **currently** spend in each domain.



The Balance Wheel of Life

2

Start at the center, and use colours to shade in the arcs to signify the amount of time you would **ideally** spend in each domain.



The Balance Wheel of Life

3

Compare the two circles and make notes on the discrepancies. Example:

When I compare the two circles, **I find a discrepancy between** the time I *currently* spend with family and the time I *would like to* spend with family. **To rectify this**, I can create a game night to get the family together each week/month.

1. When I compare the two circles, I find a discrepancy between _____ and _____.

To rectify this, I can _____

2. When I compare the two circles, I find a discrepancy between _____ and _____.

To rectify this, I can _____

3. When I compare the two circles, I find a discrepancy between _____ and _____.

To rectify this, I can _____
