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WELLNESS WHEEL

PHYSICAL

EMOTIONAL

NUTRITION

SPIRITUAL

INTELLECTUAL

OCCUPATIONAL

SOCIAL

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THIS IS **LIVING WITH** CANCER™

A program developed by Pfizer Oncology for people living with cancer and those who love them. To learn more, visit **ThisIsLivingWithCancer.com**.

Download **LivingWith®**, a free app designed to help manage life with cancer. It helps with the everyday details so you can focus on the big picture.

Pfizer *Oncology*

WHAT IS
WELLNESS?

Wellness is more than just diet
and exercise—it's an active, ongoing process
of making choices toward a physically and
emotionally healthy and happy life.

Understanding wellness can help you improve
how your body functions, how you feel
and your overall quality of life.

WELLNESS WHEEL

THE WELLNESS WHEEL

This Wellness Wheel, created by Sami Mansfield, founder of Cancer Wellness for Life, is split into seven equal parts. When one part of your wheel is low, things may feel unbalanced, similar to a tire on your car.

HOW IT WORKS:

Read each section of the wellness wheel on the following circles. Then, **keep scrolling** to find a wellness tip that you can try in your everyday life.

WHAT IS
PHYSICAL WELLNESS?

Being able to move your body to do everyday tasks and taking care of your body through exercise. Exercise can help give you more energy, lower your risk of falling and build muscle.

PHYSICAL

STAYING STEADY
ON YOUR FEET

Balance is important for everyday tasks.
Here's a simple exercise to help with your balance.

HOW IT WORKS:

**START WITH YOUR
FEET TOGETHER**

**MOVE ONE
FOOT BACK**

**MOVE ONE FOOT IN
FRONT OF THE OTHER**

Try standing in these foot positions
for 15 seconds at a time.

WHAT IS **EMOTIONAL WELL-BEING**?

Being aware of your own feelings and being sensitive to others'. Feeling excited about life, knowing your limits and being able to cope with stress.

EMOTIONAL WELL-BEING

EMOTIONAL WELL-BEING

Cancer comes with unexpected emotions, for you and the people around you. Asking for support can be tough when you're worried about stressing out your loved ones. But sharing emotions can help strengthen relationships, encourage teamwork and relieve stress.

TRY THESE CONVERSATION PROMPTS:

"I don't always need a response. **Sometimes it helps to be heard.** I'd like to talk about…

"How does what I'm saying **make you feel**?"

"Can I talk to you **about how I'm feeling?**"

WHAT IS **NUTRITION**?

Using food as fuel to nourish your body.
Developing healthy eating habits and
eating foods that support your health and
fit your lifestyle.

NUTRITION

NUTRITION

Eating well and maintaining a healthy body weight are important throughout your treatment. Good nutrition can help lower your risk of infection and help you recover more quickly after treatment.

TRY FOLLOWING THESE GUIDELINES:

Choose fish, poultry or beans over red meat (beef, pork and lamb)

Choose whole grain breads, pasta, cereals and brown rice instead of white rice

Read food labels to become more aware of portion sizes and calories

Include vegetables and fruits at every meal and as snacks

WHAT IS
SPIRITUAL WELLNESS?

Being connected to something greater than yourself,
being grateful for what you have and staying
connected to purpose in your life.

SPIRITUAL

SPIRITUAL WELLNESS

Explore your spiritual core by asking yourself:
Who am I and what is my purpose? Practice meditation
and deep breathing, especially at times when you
may be stressed or anxious.

TRY THIS BREATHING STRATEGY TO REDUCE STRESS:

Begin by adjusting your posture so you're sitting tall with your shoulders
back and your chest slightly lifted. If you are lying in bed, make sure you're
in a comfortable position and your body is flat.

- **Begin by inhaling for 4 slow counts**

- **Hold your breath for 4 slow counts**

- **Exhale for 4 slow counts**
  (either through the nose or the mouth)

- **Hold your breath for 4 slow counts**

Breathe in

Hold

4 counts
on each side

Hold

Breathe out
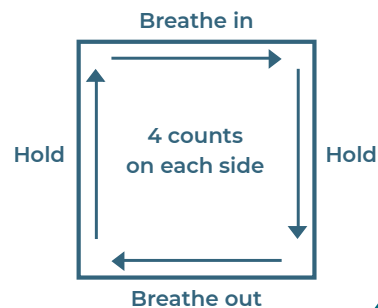
Repeat 5 times. Use the fingers of one hand
to count which cycle you are on.

WHAT IS
INTELLECTUAL WELLNESS?

Continually learning, asking questions and
participating in new activities.

INTELLECTUAL

INTELLECTUAL WELLNESS

Doing activities that challenge your brain may help it bounce back from negative effects.

TRY THESE ACTIVITIES TO KEEP YOUR MIND SHARP:

Read a book

Watch a documentary

Take an online class

Learn a new language or play a musical instrument

Do a puzzle, crossword puzzle or math problem

Practice a new hobby such as gardening

Watch videos on skills such as knitting, cooking, painting or dancing

WHAT IS
OCCUPATIONAL WELLNESS?

Feeling fulfilled with your work or volunteer activities, having
a balance between work and leisure time and feeling
like you are giving your time to someone or
something that matters.

OCCUPATIONAL

OCCUPATIONAL WELLNESS

Use your skills and talents for a career or a cause that's personally meaningful and rewarding. You can show your values by being involved in activities that you enjoy.

FIND FULFILLMENT IN YOUR EVERYDAY LIFE:

Look to nature

- Go outside and photograph your surroundings
- Draw or paint a scene outside your window

Motivate yourself

- Think of a new goal for the day
- Express yourself creatively through sculpting, singing or songwriting

Discover enthusiasm

- Find new hobbies by seeking out others who share your passions
- Go to new places and try new things

Help others

- Volunteer for a charity that speaks to you

WHAT IS
SOCIAL WELLNESS?

Building healthy, supportive relationships and being
able to connect with those around you.

SOCIAL WELLNESS

Strong, healthy relationships are an important part of your life. Learning good social habits can help you build a support system, express yourself and stay healthy—both mentally and physically.

TIPS FOR BUILDING YOUR COMMUNITY:

Connect with others through social media in a positive way

Meet someone for coffee or a meal and practice active listening

Find local events through the **LivingWith®** app

Smile at someone new

Set up a video call or phone call with friends and family

Join a club or organization

For more tips and resources on nutrition, exercise, healthy living and more, visit

ThisIsLivingWithCancer.com