**The Sections of Virginia Satir’s Wheel of Resources**

The “Wheel of Resources” is a tool developed by Virginia Satir in 1982. Virginia Satir is often referred to as the “mother of Family Therapy.” The wheel was developed to help people understand the different components of what affects human health and well-being. The wheel has been famously used is the assessment of the emotional health of first responders to the crisis events of the attack on the United States on 9/11, mass shootings at schools, and Hurricanes Katrina and Sandy. This wheel was used to prepare technical workers assigned to help with the reconstruction efforts in New Orleans following the devastating effects of Hurricane Katrina. The focus of the wheel is on personal resiliency and coping skills.

We believe that God is the source of everything that a Christian needs for life and health and growth. We believe that God has given us personal responsibility to trust him, live wisely, and pursue health in each of the areas mentioned below. These categories fall within the whole of human experience that is to be lived under God, for his glory, and the good of others.

**Physical:** the body.

Examples of tending to this part of yourself are working out, going to the

doctor, brushing your teeth. Taking care of your physical self.

**Intellectual:** the thinking part of you that involves beliefs, rules, planning, reflecting and processing.

Examples to tend to this part you can read a book, listen to a podcast, or set a goal with steps to accomplish it.

**Emotional:** your feelings which serve as signals about how you experience what has been happening to you.

Examples of how to tend to this part, you can journal, talk with a friend or mentor, talk with a therapist, watch a sad or funny movie, or find a song that matches your mood.

**Sensual:** this has to do with your senses (hear, see, smell, taste, touch, and movement).

Examples of how to tend to this part are take a bath, light a candle, look at art, or listen to music.

**Interactional:** this is the connected part of ourselves both with others and with our internal state.

Examples of how to tend to this part are engaging with a close friend, sending a letter, or having a genuine conversation with yourself about your thoughts, feelings, and experiences.

**Nutritional:** this what you eat and drink.

Examples of how to tend to this part are to try new foods, do meal prep, or eating more vegetables.

**Contextual:** this is us in our environment, so the place, time, and space that we exist. Examples of tending to this part are getting outside or rearranging a room in the house. Getting into a more restful context or switching things up in our context can be helpful.

**Spiritual:** our connection to God in a way that we connect with meaning and purpose. Examples of tending to this part are reading your Bible, praying, meditating on God’s truth, or listening to sermons.