The National Wellness Institute Multicultural Competency Wellness Committee introduced the Multicultural Wellness Wheel at the 2016 National Wellness Conference as a visual tool and guide for attendees of the NWC Multicultural Competency Academy. It is designed to support wellness practitioners and related stakeholders in broadening their outlook as it relates to the concepts of wellness and well-being, and to support the recognition of the interlocking systems displayed within the wheel. This concept map addresses applied multicultural competency and the needs and goals of individuals, families, and workplaces. It also provides a guide for the development of well communities and civic infrastructures.

The Multicultural Wellness Wheel focuses on three pillars for optimal and lifelong well-being:

1. **Personal & Family**
   - **Integral Wellness**
     - NWI's Six Dimensions of Wellness
     - Healthy daily habits—self-efficacy
   - **Integrative Medicine**
     - Integral healing-oriented medicine
     - Conventional medicine
     - Alternative medicine
   - **MIND – BODY – SPIRIT**

2. **Community**
   - Supporting underserved communities and minimizing healthcare disparities via the following approaches:
     - **Upstream:** Policies, incentives, and regulations
     - **Midstream:** Collaborations, resources, and skills
     - **Downstream:** Grassroots initiatives

3. **Worksite Wellness**
   - **Worksite Diversity and Inclusiveness Initiatives**
     - Cultural sensitivity
     - Value-driven organizational culture
   - **Work-Life Balance Components**
     - Awareness of work-life integration
     - Time & energy management
     - Tools to help prioritize

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