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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