



The Multicultural Wellness Wheel is designed to support wellness practitioners and related stakeholders in broadening their outlook as it relates to the concepts of wellness and well-being, as well as visually recognize the complex, interlocking systems of multicultural wellness. 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 the following three pillars for optimal and lifelong well-being.

## 1. Personal & Family Wellness

### Integral Wellness

- Six Dimensions of Wellness
- Healthy daily habits—Self-efficacy
- Mind–Body–Spirit relationship

### Integrative Health

- Holistic, healing-oriented medicine
  - Conventional medicine
  - Alternative medicine

## 2. Community Wellness

Supporting underserved communities and minimizing health care disparities via the following approaches:

- **Upstream:** Policies, incentives, and regulations
- **Midstream:** Collaborations, resources, and skills
- **Downstream:** Grassroots initiatives.

## 3. Worksite Wellness

### Worksite Diversity and Inclusivity Initiatives

- Cultural sensibility
- Value-driven organizational culture

### Work–Life Balance Components

- Awareness of work–life integration
- Time and energy management
- Tools to help prioritize balance