


*How to*

# PRIORITIZE YOUR MENTAL HEALTH

YOUR WELLNESS WHEEL





# Congratulations on Downloading your symptom and remedy tool **The Wellness Wheel**



Hi, I'm Alex Cahuas, the creator of *The Wellness Wheel*. I designed this tool specifically for busy, male working professionals who often find themselves stressed, overwhelmed, or lacking quick, actionable solutions to everyday challenges. As someone who has faced similar struggles, I understand the importance of having a practical, easy-to-use guide at your fingertips. This tool is your go-to resource for identifying your symptoms and finding fast, effective remedies. Whether you're navigating a hectic workday or simply looking for ways to feel more in control, *The Wellness Wheel* is here to support you. Use it frequently and confidently, knowing it's built with your needs in mind.

A handwritten signature consisting of the letters 'A' and 'C' in a cursive, stylized font.

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## Here's how you use this tool.

First, read through this document to understand the power of each remedy.

Next, have the Wellness Wheel on page 6 **EASY TO ACCESS!** This could be printed and stuck to your wall beside your work station or as a saved image you can scroll to.

Lastly, when you are feeling off, use the wheel to: **name your emotion and use a strategy.** The Wellness Wheel is a game changer when it becomes your go-to tool when difficult moods arise.

If you want help implementing any of this, visit my website [www.wellnessinspiredts.com](http://www.wellnessinspiredts.com) and schedule a free Strategy Session with myself.

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# Pre Start Checklist

## 1. Clear Your Mind

- Find a quiet space where you can focus.
- Take a few deep breaths to calm your thoughts.
- Set an intention: What do you want to remedy today?

## 2. Identify the Symptom

- Reflect on what you're feeling: Stress, fatigue, overwhelm, or something else?
- Consider how this symptom is currently affecting your day.

## 3. Set Aside Time

- Block 5-10 minutes to go through the tool without distractions.
- Ensure you have access to the wheel and reference guide.

## 4. Gather Resources

- Have a notebook or device handy to jot down insights.
- Prepare a glass of water or a calming beverage to stay hydrated.
- Ensure you're seated comfortably.

## 5. Assess the Severity

- Is this a mild symptom that can be managed quickly?
- For serious or persistent symptoms, consider scheduling a discovery session with Alex Cahuas or consulting a healthcare professional.

## 6. Commit to Action

- Be open to trying the suggested remedies.
- Approach the process with curiosity and self-compassion.
- Remember, this tool is designed for frequent use—don't hesitate to revisit it as needed.

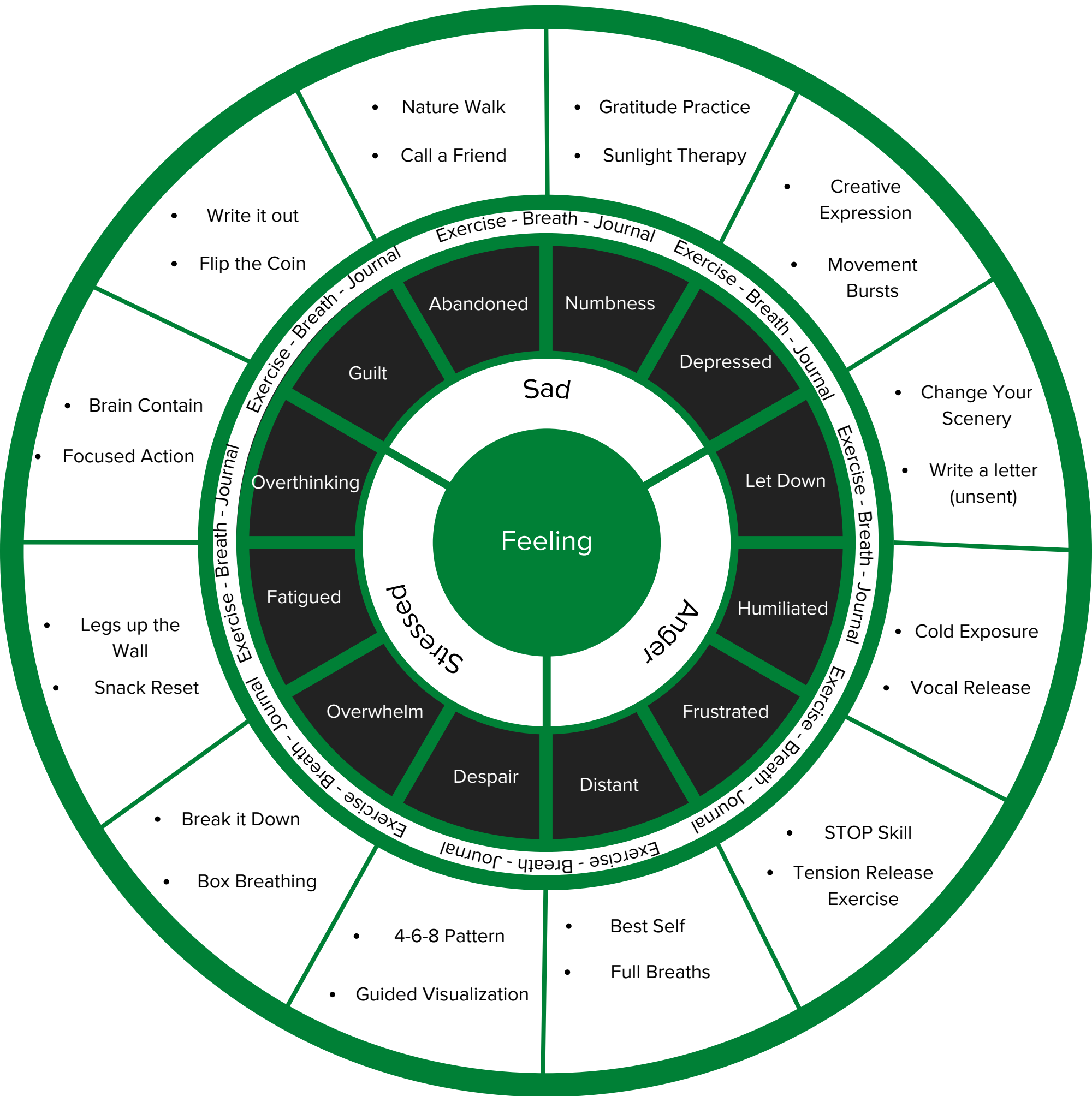
## 7. Know When to Seek Help

- Use this tool as a quick reference for fast relief.
- If symptoms persist or worsen, consult with a professional.
- For personalized guidance, book a discovery session with Alex Cahuas.

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# WELLNESS WHEEL



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# SADNESS

## Guilt

- **Flip the Coin:** Ask yourself, “If this moment was happening for me, what is this trying to teach me?”
- **Write it Out:** Write down what you're feeling guilty about, then physically cross out what is outside your control. Circle one thing you can address or learn from.

## Abandonment

- **Call a Friend:** Abandonment can make it feel like making connections does more harm than good. Challenge that by reaching out to someone you trust.
- **Nature Walk:** Go for a walk in a park or natural setting, focusing on your surroundings to reconnect with the world and feel less isolated.

## Numbness

- **Gratitude Practice:** Say out loud what you are most grateful for, write out a list of what you are grateful for, or tell someone you love what they mean to you. Gratitude shifts focus back to abundance and possibility.
- **Sunlight Therapy:** Spend 10 minutes sitting in direct sunlight or near a window to improve your mood and provide a sense of hope.

## Depressed

- **Creative Expression:** Expression is the antidote to depression! Sing, dance, draw, paint, or scream into a pillow. Expression helps break the cycle of silence and wallowing.
- **Movement Burst:** Do 10 jumping jacks or another quick burst of exercise to activate your body and lift your energy.

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# ANGER

## Let Down

- **Change Your Scenery:** Step outside or move to a different room to create physical distance from the situation and gain perspective.
- **Write a Letter (Unsent):** Write a letter to the person or situation that let you down, expressing your feelings fully. Afterward, tear it up or dispose of it as a symbolic release.

## Humiliated

- **Cold Exposure:** Take a quick, cold shower to reset your nervous system and reduce the lingering feelings of humiliation.
- **Vocal Release:** Go to a private space and yell, sing, or hum loudly to discharge the tension in your chest and throat.

## Frustrated

- **STOP Skill:** Stop (literally), Take a step back, Observe, Proceed mindfully. Physically take a step away from the problem, take 5 calm breaths, and decide mindfully what to do next.
- **Tension Release Exercise:** Inhale, hold your breath, and make a strong fist for 5 seconds, then exhale and let go of the fist. Do this 10 times.

## Distant

- **Best Self Visualization:** Ask yourself, “Who am I at my very best? What is one thing I can do right now to get closer to that person?”
- **Full Breathing:** Take a deep breath, fill up your lungs as much as you can and hold for 5 seconds, then exhale fully and hold your exhale for 5 seconds.





# STRESSED

## Despair

- **4-6-8 Pattern:** Inhale deeply through your nose for 4 seconds, Hold your breath for 6 seconds, Exhale slowly through your mouth for 8 seconds. Repeat for 5 minutes.
- **Guided visualization:** Listen to a short, guided meditation to ground and guide you.

## Fatigued

- **Legs-Up-the-Wall:** Lie on your back with your legs resting against a wall for 5-10 minutes to restore your energy.
- **Snack Reset:** Eat a small, balanced snack with protein and healthy fats (like nuts or yogurt) to refuel your body.

## Overwhelmed

- **Break It Down:** List out your stressors and categorize them into, what you can control, what you can influence, and what you need to release. Focus on one small action within your control.
- **Box Breathing:** Breathe like a Navy Seal entering combat! Inhale for 4, hold for 4, exhale for 4, hold for 4 to calm the nervous system.

## Overthinking

- **Containment Exercise:** Write down all your thoughts on paper, then place the paper in a box or jar labeled "to think about later." Set a specific time to revisit if necessary.
- **Focused Action:** Redirect your energy to a task that requires focus, like a puzzle, creative hobby or count to 100 in your mind, to interrupt the overthinking cycle.



## Conclusion

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment." — Buddha

Living in the present moment is the most important skill to master to live a good life. The present is where you will make your best decisions, feel most at peace and experience true fulfillment. The Wellness Wheel will help you address your challenges in the present moment, supporting you in overcoming what holds you back and keeps you trapped in destructive cycles.

If you're ready to explore a personalized path to healing, I'm here to support you. Feel free to reach out to me, Alex Cahuas, and book a free discovery call. Together, we'll uncover the tools and strategies to help you reclaim your peace and live an empowered life. Let's start this journey today!



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