

# 13. Culture of Wellness

What have you learnt from Abolfazl about wellness in Iran? How different it is from what you have expected? What new perspectives did it bring? (Write at least three specific ideas.)

## Homework: **WELLNESS SPIN** of my country

**Instructions: “Put your country” into the center of the wellness wheel and look at life in your country from the perspective of each of the dimensions. Write down what people in your country usually do, what is common, look at the habits and rules, the good ones and the bad ones too.**

The Wellness Spin is a simple process using the wellness wheel to explore your experience and the benefits within each dimension of wellness. Because the wheel is a hologram wherein each dimension affects all the other dimensions, as you become more aware of your life through this holographic form of inquiry your total experience becomes greater than the sum of the parts. The results are usually a calmer, more centered, and more effective you.

This holographic exercise can't be figured out or explained; it can only be experienced by going through the process. The more spins you do, the more integrated you become.

**Name of my country:** \_\_\_\_\_

(You can work in group with your classmates from the same country, write at least a paragraph for each dimension.)

**Self-responsibility and Love**

**Breathing**

**Sensing**

**Eating**

**Moving**

**Feeling**

**Thinking**

**Work and Play**

**Communication**

**Intimacy**

**Transcendence**

**Finding meaning**

**... and write down your comments, thoughts, feelings from this exercise.**

**What was it like? What did you learn?**

**How did your buddy help you with learning this week?**