






Evansville Resources Wellness Chart

This wellness chart offers a comprehensive framework for self-discovery and personal growth. By exploring the Indiana University (IU) Wellness Wheel domains, you can enhance your overall quality of life, identify your core values, and connect more deeply with the Evansville, Indiana community. This versatile tool can be adapted to any location, empowering you to cultivate a fulfilling and meaningful routine wherever you are.

IU Wellness Wheel Domain	Wellness Domain Definition	Evansville, Indiana Wellness Resources	Additional Activities
<p>Cultural Wellness</p> 	<p>Our unique identities, shaped by our values, beliefs, and experiences, influence our perceptions of ourselves and others. This understanding can foster empathy, support, and advocacy for cultural diversity and inclusion.</p>	<p>African American Museum Civic Theatre Evansville Arts District Evansville Museum Family Children's Museum Mesker Park Zoo Philharmonic Orchestra Reitz Home Museum Victory Theatre</p>	<p>Cooking Learning Sign Language Playing Music Reading Touring Cultural/Historic Sites</p>
<p>Emotional Wellness</p> 	<p>Developing emotional awareness and understanding empowers us to express our feelings constructively and navigate life's challenges with greater resilience.</p>	<p>Evansville Central Library Arts and Crafts Activities Mental Health Navigator National Alliance on Mental Illness (NAMI) Evansville Peace Zone Recovery Center</p>	<p>Arts and Crafts Meditation Recreational Reading</p>
<p>Environmental Wellness</p> 	<p>By understanding our interconnectedness with nature, we can steward our planet responsibly, ensuring a safe, accessible, and healthy environment for all beings.</p>	<p>Adult Sports City Pools Golf Courses Parks and Recreation Sunset Skate Park Wesselman Woods Nature Preserve</p>	<p>Caring for Animals Exploring Nature</p>

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<p>Intellectual Wellness</p> 	<p>Our curiosity for lifelong learning by exploring and engaging in new opportunities can expand our knowledge and skills.</p>	<p>African American Museum Civic Theatre Evansville Arts District Family Children's Museum Libraries in Evansville Reitz Home Museum Philharmonic Orchestra University of Evansville (UE) University of Southern Indiana (USI)</p>	<p>Formal Education Technology Skill Development</p>
<p>Occupational Wellness</p> 	<p>Pursuing personal goals can lead to a career of personal fulfillment, professional growth, and success.</p>	<p>Evansville Employment Opportunities Southwest Indiana Workforce Board Work One Locations</p>	<p>Career Development Workshops Career Exploration Inventories Networking Events Practicing Self-Determination</p>
<p>Physical Wellness</p> 	<p>By prioritizing regular physical activity, proper nutrition, and adequate sleep, we invest in our overall well-being and optimize our body's health potential.</p>	<p>Gym Locations 517 Fitness BFit Gyms Crunch Fitness Evansville YMCA Orange Theory Planet Fitness The Yoga Space Evansville Parks and Recreation Adult Sports City Pools Friday Night Dance Club of Evansville Golf Courses Parks and Recreation</p>	<p>Prioritizing Healthy Eating Trying New Recipes</p>

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<p data-bbox="170 224 380 251">Social Wellness</p> 	<p data-bbox="472 224 919 479">Building and maintaining trust and respect within our relationships can help us develop authentic connections, a sense of belonging, and a diverse and supportive community.</p>	<p data-bbox="1058 224 1419 251">Evansville Meet-Up Groups</p> <p data-bbox="1068 264 1409 292">Evansville Adventure Club</p> <p data-bbox="1052 305 1425 332">Evansville Evening Book Club</p> <p data-bbox="1068 345 1409 373">Evansville Outdoors Co-op</p> <p data-bbox="1083 386 1394 414">Good News Bible Group</p> <p data-bbox="1003 427 1474 454">Mindfulness Meditation Community</p> <p data-bbox="997 467 1480 527">Toastmasters: Kentuckiana Women in Leadership</p> <p data-bbox="1043 540 1434 568">Tri-State Ski Club of Evansville</p> <p data-bbox="1150 581 1327 609">Volunteering</p> <p data-bbox="1108 621 1369 649">American Red Cross</p> <p data-bbox="1031 662 1446 690">Children’s Museum of Evansville</p> <p data-bbox="1102 703 1375 730">Corpus Christi Parish</p> <p data-bbox="1167 743 1310 771">Deaconess</p> <p data-bbox="1113 784 1365 812">Evansville Museum</p> <p data-bbox="1058 824 1419 852">Evansville Parks Foundation</p> <p data-bbox="961 865 1516 893">Evansville Vanderburgh School Corporation</p> <p data-bbox="1098 906 1379 933">Habitat for Humanity</p> <p data-bbox="1102 946 1375 974">JD Sheth Foundation</p> <p data-bbox="1077 987 1400 1015">Keep Evansville Beautiful</p> <p data-bbox="1077 1027 1400 1055">Little Lambs of Evansville</p> <p data-bbox="1060 1068 1417 1096">Meals on Wheels Evansville</p> <p data-bbox="1142 1109 1335 1136">Pay It Forward</p> <p data-bbox="1050 1149 1428 1177">Salvation Army Volunteerism</p> <p data-bbox="1075 1190 1402 1218">Servants at Work (SAWS)</p> <p data-bbox="963 1230 1514 1291">Southwestern Indiana Regional Council on Aging (SWIRCA)</p> <p data-bbox="1113 1304 1358 1331">St. Vincent de Paul</p> <p data-bbox="1108 1344 1365 1372">Tri-State Food Bank</p> <p data-bbox="1005 1385 1472 1412">United Neighborhoods of Evansville</p> <p data-bbox="1043 1425 1434 1453">Vanderburgh Humane Society</p> <p data-bbox="1125 1466 1352 1494">Volunteer Match</p> <p data-bbox="1113 1507 1365 1534">Wesselman Woods</p>	<p data-bbox="1707 224 1845 292">Socializing Gaming</p>

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<p>Spiritual Wellness</p> 	<p>Discovering your life's purpose and meaning can bridge the gap between your inner and outer worlds, enriching your values, beliefs, and practices.</p>	<p>Church Finder Evansville Yoga Center The Yoga Space Yoga 101</p>	<p>Exercising Mindfulness Practices</p>

References

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