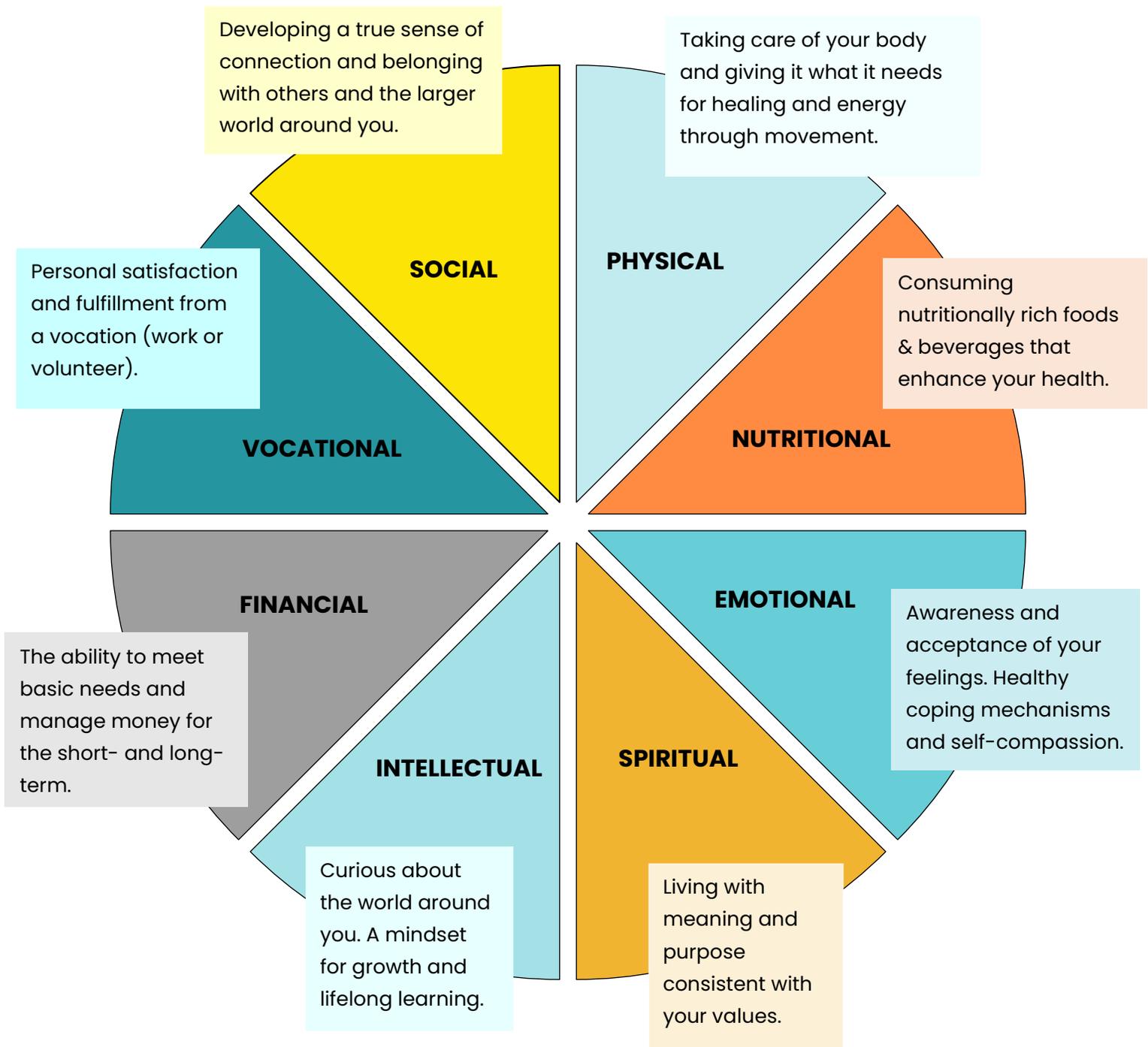


Eight Dimensions of Wellness



What is wellness? Since 1946, the World Health Organization (WHO) has defined wellness as “a state of complete physical, mental and social well-being, **not merely** the absence of disease and infirmity.”

Wellness is more than just physical health. It’s an active and ongoing process of being aware of and making choices that lead toward optimal health and wellbeing – so that instead of just surviving, you’re thriving. Practicing wellness is a lifelong journey.

PHYSICAL

- Recognizes the need for regular activity and physical fitness
- Spends time building physical strength, flexibility, and endurance
- Gets regular health checkups; take personal responsibility when medical attention is needed
- Gets adequate sleep
- Exercises the brain to keep it fit
- Maintains a healthy weight

NUTRITIONAL

- Recognizes the significance of optimal nutrition
- Understands that you eat for health; choosing quality food is important to you
- Feels confident in your ability to wisely choose healthy, quality, nutrient-dense foods
- Adopts positive eating habits; avoiding unhealthy habits related to food
- Eats at home more often than eating out
- Discourages tobacco, drugs, or excess alcohol

EMOTIONAL

- Feels emotionally agile and resilient
- Awareness of and accepts your own feelings, emotions, and reactions
- Has an optimistic approach to life; glass half full
- Navigates the ups and downs of life in a healthy way, copes with life's challenges
- Productively shares feelings of anger, fear, sadness, stress, hope, love, and joy

SPIRITUAL

- Lives life with meaning and purpose
- Lives each day consistent with your values and beliefs
- Ponders the meaning of life
- Connects with a higher power or purpose
- Tolerates the beliefs of others

Getting started

- Try a 20-minute walk through your neighborhood
- Gardening
- Play with young children
- Dance to upbeat music
- Get up every hour; move for 3 minutes
- Get in a regular sleep routine

First steps to boost nutrition

- Assess your pantry & refrigerator
- Learn how to read labels
- Choose grocery stores that carry more nutritional foods
- Try "Meatless Mondays"
- Experiment with new vegetables, fruits, and/or dense grains

Uplifting emotional wellbeing

- Music
- Giving, helping others
- Immersion in nature
- Share your feelings or story with a trusted friend
- Consider professional support
- Tap into humor and laughter

Nurturing your spiritual life

- Personal meditation
- Prayer
- Try a group or individual faith-based activity
- Mindful exercise (yoga, tai chi)
- Immersing in nature
- Journaling your thoughts

INTELLECTUAL

- Curious about the world around you
- Recognizes the importance of creative, stimulating mental activities
- Expands your knowledge and sharing it with others
- Focuses on a growth mindset versus fixed mindset
- Engages in lifelong learning
- Stays open to new experiences

FINANCIAL

- Identifies your relationship with money and the skills to manage resources
- Takes steps to live within your financial means
- Is satisfied with current and future financial situations
- Plans for future financial health
- Weathers unexpected financial emergencies

VOCATIONAL

- Develops functional skills through structured involvement (versus remaining inactive and uninvolved)
- Pursues skills that fulfill you and engage your talents whether work or volunteer
- Finds leisure time vocations in the arts and through hobbies to maintain functional skills
- Utilizes your strengths and sets healthy boundaries

SOCIAL

- Interacts with and contributes to the common welfare of your community, not just yourself
- Takes an active part in living in harmony with and relating well to others
- Finds an authentic feeling of connection to others and the larger world
- Values and maintains healthy and supportive personal relationships (not isolation)
- Spends free time socially (responsibilities balanced with relaxation)

Staying curious and open

- Take a class
- Journal
- Challenge yourself with games and puzzles
- Learn a new craft or hobby (for example: painting)
- Volunteer to teach others what you've learned

Building healthy money habits

- Assess your financial situation
- Start a budget (or clean up your current one)
- Plan for big purchases
- Learn to be a savvy consumer
- Spend for your health

Amplifying your talents

- Try a new skill or hobby
- Find the benefits and positives in your current job or vocation
- Mix it up; keep trying new functional skills
- Connect with others with similar practical skills

Strengthening connections

- Play a team sport
- Join a book club or travel group
- Participate in a neighborhood event
- Visit a friend or family member
- Engage with all ages and stages