

2021

8 DIMENSIONS OF WELLNESS

Beaumont

Emotional

Environmental

Financial

Intellectual

Social

Physical

Spiritual

Occupational

WHAT IS WELLNESS?

Wellness has a very broad meaning; here it is about how we live our lives and the joy and fulfillment and health we experience.

WELLNESS CAN INCLUDE:

- Physical and mental health
- Happiness
- Balance between work and play
- Safe and clean living environment
- Healthy relationships
- Having a daily routine

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“It is health that is real wealth and not pieces of gold and silver.”

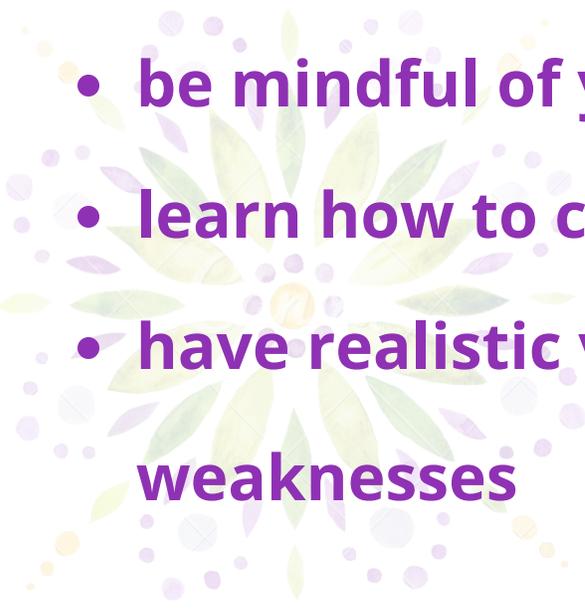
-Mahatma Gandhi



Emotional

The ability to express feelings, adjust to emotional challenges, cope with life stressors, and enjoy life.

Try to:

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- keep a positive attitude
 - be mindful of your feelings and others
 - learn how to cope with stress
 - have realistic views of your strengths and weaknesses

Never feel afraid to reach out for help

Emotional

Questions to ask yourself:

- Do I allow myself to be open about my feelings?
- Do I have safe relationships where I feel comfortable expressing my thoughts and feelings?
- Am I maintaining a daily routine?
- Do I leave myself enough time to get to work and other obligations?
- Do I have ways of coping with stress that works for my lifestyle?
- Do I welcome positive thoughts and emotions?



Financial

Satisfaction with your current financial situation and future prospects



Try to:

- **Be creative about budgeting and spending**
 - **Find someone with financial expertise that can help you out**
 - **Come up with ways to help you save money for your future**
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Financial



Every little effort counts

Questions to ask yourself:

- **Are my savings in line with my life goals?**
- **Do I have a weekly/monthly budget?**
- **Does my current job allow me to meet my obligations and do things I enjoy?**
- **Do I have a savings account?**
- **Have I started saving for retirement?**



Social

Having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others

Try to:

- **Join a support group**
- **Make contact with one person each day**
- **Keep track of when you need to catch up with a friend or family member**



Social

Belonging to something can help you feel connected



Questions to ask yourself:

- **Do I keep in touch with family and friends?**
 - **Am I open to meeting new people?**
 - **Do I set aside time for meeting new people or visiting new places?**
 - **Do I know of any support groups in my area?**
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Spiritual

Recognizing your search for meaning and purpose in life and developing an appreciation for life

Try to:

- **define what values and beliefs are important to you**
- **be a helping hand to others**
- **find others with similar spiritual goals/values/beliefs**
- **learn about different groups offered within your community and get involved**



Spiritual

We all have meaning and purpose in life

Questions to ask yourself:

- **Do I take the time to determine what values, principles, and beliefs are important to me?**
- **Have I learned about other religions and beliefs?**
- **Do I reach out and help others when they are in need?**
- **Do I take the time each day to meditate or reflect on my spirituality?**
- **Am I open to exploring different belief systems?**



Occupational

Balance between work and leisure that produces personal satisfaction

Try to:

- **Take the time to think of what you enjoy most and research careers/jobs in that area**
- **Schedule time for activities you enjoy**
- **Talk to your employer/coworkers about how they like to communicate**
- **Ask for help if your workload becomes overwhelming**

Take time to connect with your coworkers

Occupational

Questions to ask yourself:

- **Am I involved in a career or volunteer work that fits my values?**
- **Do I have an open line of communication with my employer and coworkers?**
- **Do I schedule time for leisure?**
- **Am I in a career that I look forward to and gives me a sense of accomplishment?**



Physical

A healthy body. Good physical habits.

Nutrition, exercise, and health care

Try to:

- **Join a local gym/fitness club**
- **Look up free resources like YouTube for workout videos**
- **Discuss preventative health care with your doctor or dentist**
- **Check out your local farmers market for good, affordable food**



Physical

Learn to listen to your body

Questions to ask yourself:

- **Am I getting 7-8 hours of sleep a night when possible?**
- **Am I storing my medications properly and reviewing expiration dates?**
- **Do I visit my dentist and doctor for routine care and monitoring?**
- **Am I getting regular physical activity whenever I can?**
- **Do I have access to fresh, healthy food?**



Intellectual

Doing things that keep our brains active and our intellect expanding

Try to:

- **Look at different perspectives of issues and take them into consideration**
- **Learn about current events**
- **Be friends with people who can stimulate your mind**
- **Get a local library card to gain access to books and other readings**
- **See if there are any skills training classes near you**

Questions to ask yourself:

- **What would I like to learn more about?**
- **Do I keep my mind sharp by playing brain games, mind teasers, or memory-enhancing games?**
- **Do I enjoy taking part in discussions, intellectual conversations, or debates?**
- **Am I up-to-date on current affairs locally, nationally, and internationally?**



Environmental

Being able to be safe and feel safe. Includes access to clean air, food, and water and occupying pleasant environments that support our well-being

Try to:

- **Figure out what outdoor activities that make you feel good**
- **Make a schedule to clean up your home or living space**
- **Get recycling bins for your home**
- **Appreciate nature**
- **Eliminate excessive waste**

Environment has an affect on well-being

Environmental

Questions to ask yourself:

- **Do I limit the power and water I use at home?**
- **Am I spending as much time outdoors as possible?**
- **Do I organize my workspace from time to time?**
- **Is my living space filled with styles and textures I enjoy?**
- **Do I buy recycled products?**