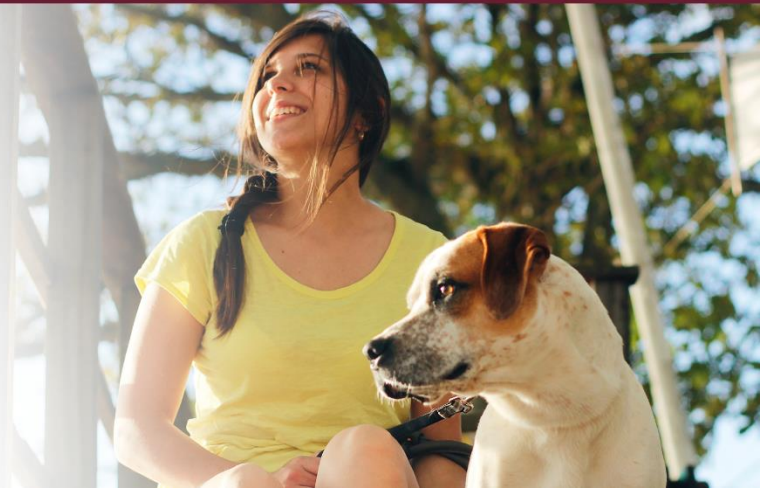


Understanding & Managing Wellness

An Employee Guide



What is Wellness?

- "Wellness is a conscious, self directed and evolving process of achieving full potential"
- "Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment"
- "Wellness is positive and affirming"

Source - National Wellness Institute.
https://www.nationalwellness.org/page/Six_Dimensions

Wellness Begins with Self-Care and Insight

SELF-CARE AND INSIGHT



Domains of Wellness and Behaviors Supporting Wellness

Intellectual Wellness

Includes a Flexible Mind, Enjoyment in Learning New Skills, Critical Thinking



Explore personal interests - reading, creative arts, taking a class, teaching a class, discussion groups

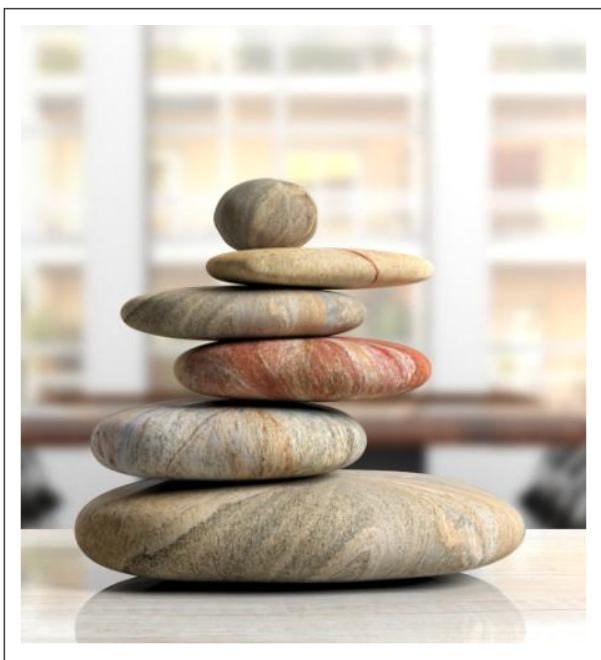
What would you like to learn - related to your job, professional interests, family, relationships

Brain exercises - games, puzzles, word challenges

SAMSHA - CREATING A HEALTHIER LIFE A STEP-BY-STEP GUIDE TO WELLNESS.
[CREATING A HEALTHIER LIFE, A STEP-BY-STEP GUIDE TO WELLNESS \(samhsa.gov\)](http://www.samhsa.gov)

Creative Wellness

Includes Making or Doing Something You Enjoy

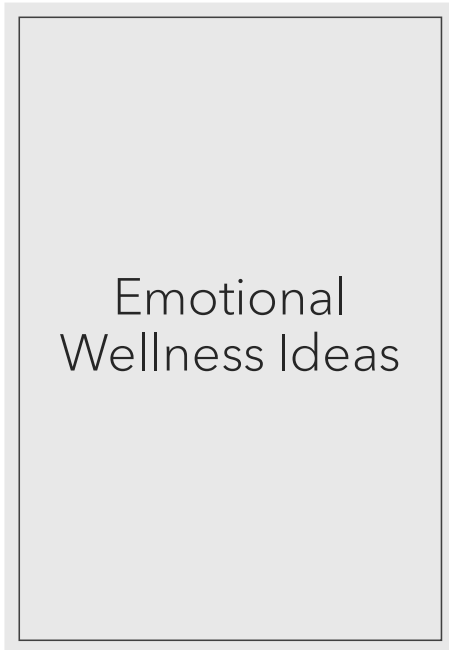


Creative Wellness

- Building
- Cooking/Baking
- Painting
- Music
- Writing
- Wood Working

Emotional Wellness

Includes the Ability to Recognize and Manage Emotions Stress Management and Resilience. Sense of Self (Self-Esteem, Self-Worth, Identity, and Self-Image)



-  "Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts?"
-  "Are you learning to manage stress in ways that work for your lifestyle?"
-  "Do you welcome and cultivate positive, empowering thoughts and emotions?"
-  "Are you maintaining a daily routine?"
-  "Do you leave yourself plenty of time to get to work and other obligations?"
-  "Are you eating some meals without distractions, like checking your phone or watching TV?"

SAMSHA - CREATING A HEALTHIER LIFE A STEP-BY-STEP GUIDE TO WELLNESS. [CREATING A HEALTHIER LIFE, A STEP-BY-STEP GUIDE TO WELLNESS \(samhsa.gov\)](https://www.samhsa.gov/creating-a-healthier-life-a-step-by-step-guide-to-wellness)

Social Wellness

Includes the Ability to Form Meaningful Relationships and Personal Time to Disconnect.



Social Wellness Ideas

- Do you schedule time to connect with your friends? (text, coffee, meet at the gym)
- Do you set aside quality time for significant others?
- Have you found a common interest or support group or issues important to you?
- Do you schedule time for yourself?

SAMSHA - CREATING A HEALTHIER LIFE A STEP-BY-STEP GUIDE TO WELLNESS. [CREATING A HEALTHIER LIFE, A STEP-BY-STEP GUIDE TO WELLNESS \(samhsa.gov\)](https://www.samhsa.gov/creating-a-healthier-life-a-step-by-step-guide-to-wellness)

Spiritual Wellness

Involves Reflection and Exploration



Occupational Wellness

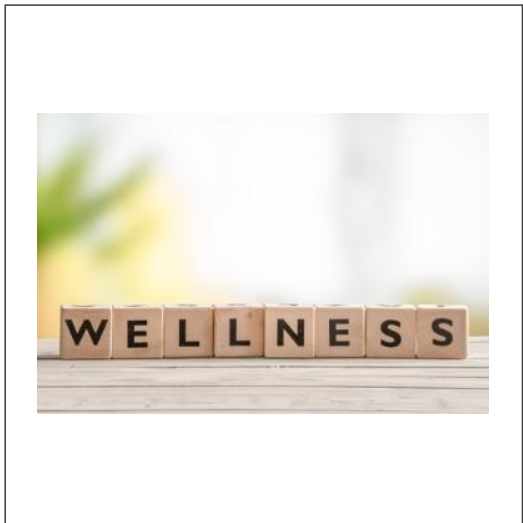
Involves Finding Meaning and Purpose in Your Work



Source - Nine Dimensions of Wellness: Optimize Your Personal Health and Well-Being - Daily Nurse

Physical Wellness

Focused Attention and Designated Time for Wellness Activities



Physical Wellness




- Exercise
- Healthy Eating
- Preventative Care
- Health Screenings
- Addressing Health Issues
- Self-Care

Source - Nine Dimensions of Wellness: Optimize Your Personal Health and Well-Being - Daily Nurse

Financial Wellness

Having a Plan to Live Within a Budget and Reduce Debt

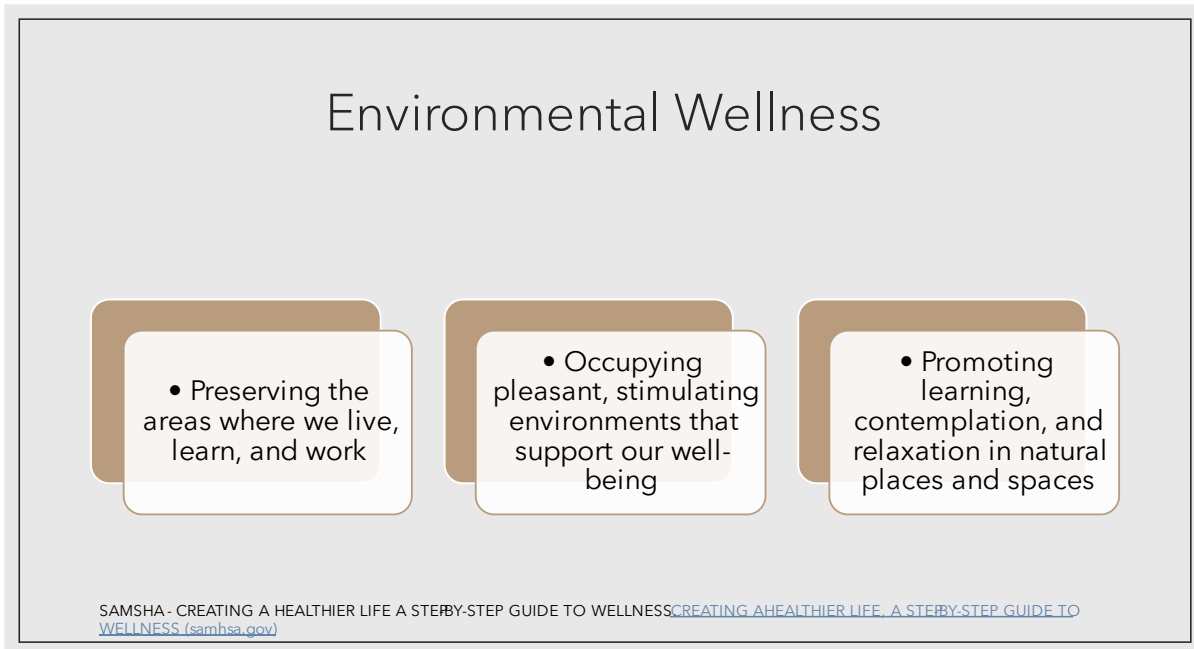
Financial Wellness

-  Being aware of your current financial state, having a budget and plan
-  Seeking help and resources
-  Financial stress can impact your physical and emotional well-being

Source - Nine Dimensions of Wellness: Optimize Your Personal Health and Well-Being - Daily Nurse

Environmental Wellness

Involves Creating and Maintaining a Healthy Environment



Lifestyle Behaviors

Choosing Healthy Lifestyle Choices and Making These Choices a Priority



Create Your Wellness Plan

Domain of Wellness	Self-Care & Insight What do I do well? What is working for me?	My Goals	My Opportunities & Plan What lifestyle behaviors can I implement to reach my goal(s)?
Intellectual Wellness			
Creative Wellness			
Emotional Wellness			
Social Wellness			
Spiritual Wellness			
Occupational Wellness			
Physical Wellness			
Financial Wellness			
Environmental Wellness			

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