

Wellness



In Eight Dimensions



www.welltacc.org
Peggy Swarbrick and Jay Yudof

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Wellness

Wellness involves being aware of ourselves as whole people, including a sense of balance and comfort with our bodies, our lives, and our jobs. It is a sense that things are going well for us today, and can continue to go well for us tomorrow. It is a sense that we have meaningful *relationships, love, and a sense of meaning and purpose*. Although we may have setbacks, or we experience stress and trauma, we are resilient, have emotional strength, material resources, and the support of others to survive and thrive.

Stress, addictions, illness and traumatic experiences impact wellness and balance. At the Institute, we believe that helping people improve their personal wellness, as they define it, is important.

Wellness incorporates all of the eight dimensions shown on the cover and back of this booklet. Each dimension of wellness can affect our overall quality of life, because wellness directly relates to how long we live (longevity) and how well we live (quality of life).

When we look at the eight-dimension model, our attention is drawn to the idea that all eight dimensions are connected. We all know how much they are connected in our lives. When we feel financially stressed (e.g., debt building), we experience anxiety (emotional), sometimes leading to medical problems (physical), and our effectiveness at work falls off (occupational), and we may even question our own meaning and purpose (spiritual). When we are out of work (occupational), we lose some of our opportunities to interact with others (social), cannot get the quality foods and medical care we need to stay well (physical), and may need to move to a place that feels less safe and secure (environmental).

Stress, trauma, disappointment, and loss can impact our wellness and the *balance* in our lives. It seems important to balance work with play and rest, to balance time out for recuperation and recovery with living our lives fully and productively, and to balance the desire for rapid change with the known effectiveness of slow changes to build good habits.

Habits are key for wellness. Our habits affect what we eat, what we wear, how we go to work, and how we spend or save money. Habits become ingrained, and we have to work consciously to maintain or establish good habits that contribute to our wellness, our valued roles, and our personal goals.

Another part of wellness is about choosing, getting, and keeping *valued roles*. We need to balance valued roles like worker, volunteer, student, colleague, parent, friend, or spouse. These roles enhance our identity, drive our daily activities, and fire our passions.

Wellness involves a sense of *empowerment*. Empowerment goes hand-in-hand with taking *personal responsibility for our lives*.

We hope this guide will help you think about your own wellness—what you already do now (your daily routines, habits, and valued life activities), what you can do or can learn to do, and what type of supports you need to create greater wellness in your life.

One of the things many people find helpful is to assess their own wellness in each dimension. For each of the eight dimensions that follow, record your strengths and areas you may want to improve. The self-assessment can offer some insights to determine things you are doing well and things you may want to start or stop doing.

Please use this booklet yourself or share with co-workers or support group members so you can review, share, and grow together. We hope this is helpful.

We wish you a successful wellness journey!

Wellness is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle.

A wellness lifestyle includes a self-defined balance of health habits such as adequate sleep and rest, productivity, exercise, participation in meaningful activity, nutrition, social contact, and supportive relationships.

Physical Wellness involves the maintenance of a healthy body, good physical health habits, good nutrition and exercise, and obtaining appropriate health care.

Strengths (the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my physical wellness).

- _____
- _____
- _____
- _____
- _____

Physical Wellness Self-Assessment¹

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I exercise aerobically (vigorous, continuous exercise) for 20 to 30 minutes at least three times per week.
2. ___ I eat fruits, vegetables, and whole grains every day.
3. ___ I avoid tobacco products.
4. ___ I wear a seat belt while riding in and driving a car.
5. ___ I avoid drinking beverages that are over-stimulating.
6. ___ I get an adequate amount of sleep.
7. ___ I maintain a regular schedule of immunizations, physicals, dental checkups and self-exams.
8. ___ I maintain a reasonable weight, avoiding extremes of overweight and underweight.
9. ___ I brush my teeth at least twice daily, and floss at least once daily.

___ **Total Points**

¹ Included from <http://definitionofwellness.com/dimensions-of-wellness/physical-wellness.html>

Physical Wellness- things I would like to do

Intellectual Wellness involves lifelong learning, application of knowledge learned, and sharing knowledge.

Strengths (the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my intellectual wellness).

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Intellectual Wellness Self-Assessment²

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I am interested in learning new things.
2. ___ I try to keep abreast of current affairs—locally, nationally, and internationally.
3. ___ I enjoy attending lectures, plays, musical performances, museums, galleries, and/or libraries.
4. ___ I enjoy creative and stimulating mental activities/games.
5. ___ I am happy with the amount and variety of things that I read.
6. ___ I make an effort to improve my skills and use my gifts.
7. ___ I am able to analyze situations and see more than one side of an issue.
8. ___ I enjoy engaging in intellectual discussions.

___ **Total Points**

² Adapted from www.definitionofwellness.com/dimensions-of-wellness/intellectual-wellness.html

Intellectual Wellness- things I would like to do

Environmental Wellness involves being and feeling physically safe, in safe and clean surroundings, and being able to access clean air, food, and water. Includes both our micro-environment (the places where we live, learn, work, etc.) and our macro-environment (our communities, country, and whole planet).

Strengths (the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my environmental wellness).

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Environmental Wellness Self-Assessment³

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I regularly clean my living and work environment and deal promptly with spills and messes.
2. ___ I make maximal use of natural light, fresh air, and live plants.
3. ___ I discard garbage regularly, clean spoiled foods out of the refrigerator, and stay on top of any pet odors.
4. ___ I clean crowded cabinets, closets, drawers in order to prevent clutter, and I straighten these out when needed.
5. ___ I conserve energy (fuel, electricity, water, etc.) in my home, my car, and elsewhere.
6. ___ I recycle (glass, paper, plastic, etc.)
7. ___ I do not litter.
8. ___ I purchase recycled items when possible.

___ **Total Points**

³ Adapted from www.definitionofwellness.com/dimensions-of-wellness/environmental-wellness.html

Environmental Wellness- things I would like to do

Spiritual Wellness involves having meaning and purpose and a sense of balance and peace.

Strengths (the things I **do** well - my daily routines, habits, and valued life activities that build and maintain my spiritual wellness).

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Spiritual Wellness Self-Assessment⁴

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ There is a direct relationship between my personal values and daily actions.
2. ___ When I get depressed or frustrated, my spiritual beliefs and values give me direction.
3. ___ Prayer, meditation, and/or quiet personal reflection is/are important in my life.
4. ___ Life is meaningful for me, and I feel a purpose in life.
5. ___ I am able to speak comfortably about my personal values and beliefs.
6. ___ I am understanding of and try to learn about others' beliefs and values, especially those different than my own.
7. ___ I have a strong sense of optimism, and use my thoughts and attitudes in life-affirming ways.
8. ___ I appreciate the natural forces that exist in the universe.

___ **Total Points**

⁴ Adapted from www.definitionofwellness.com/dimensions-of-wellness/spiritual-wellness.html

Spiritual Wellness- things I would like to do

Social Wellness involves having relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.

Strengths (the things I **do** well - my daily routines, habits, and valued life activities that help me build and maintain my social wellness).

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Social Wellness Self-Assessment⁶

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I contribute time and/or money to social and community projects or causes.
2. ___ I have a network of close friends and/or family.
3. ___ I am interested in others, including those with backgrounds that are different from my own.
4. ___ I balance my own needs with the needs of others.
5. ___ I communicate with and get along with a wide variety of people.
6. ___ I am a compassionate person and try to help others when I can.

___ **Total Points**

⁵ Adapted from www.definitionofwellness.com/dimensions-of-wellness/social-wellness.html

Social Wellness- things I would like to do

Emotional Wellness involves the ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences.

Strengths (the things I **do** well - my daily routines, habits, and valued life activities to build and maintain my emotional wellness).

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Emotional Wellness Self-Assessment⁶

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I develop and maintain close relationships.
2. ___ I accept responsibility for my actions.
3. ___ I see challenges and change as opportunities for growth.
4. ___ I feel as if I have considerable control over my life.
5. ___ I am able to laugh at life and myself.
6. ___ I feel good about myself.
7. ___ I am able to appropriately cope with stress and tension and make time for leisure pursuits.
8. ___ I am able to recognize my personal shortcomings and learn from my mistakes.
9. ___ I am able to recognize and express my feelings.
10. ___ I enjoy life.

___ **Total Points**

⁶ Adapted from www.definitionofwellness.com/dimensions-of-wellness/emotional-wellness.html

Emotional Wellness- things I would like to do

Financial Wellness involves the ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances.

Strengths (things I **do** well - your daily routines, habits, and valued life activities that build and maintain my financial wellness).

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- _____
- _____
- _____

Financial Wellness Self-Assessment

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I understand the issues of balancing wants and needs, saving and spending.
2. ___ I balance my checkbook and audit my credit card statements.
3. ___ I have a good handle on my financial status.
4. ___ I have money on hand to meet current expenses (e.g., groceries, transportation).
5. ___ I have money on hand or available credit to deal with moderate unexpected life expenses⁷ (\$100-\$1000).
6. ___ I file my income taxes on time.
7. ___ I pay my bills on time, and rarely or never get overdue notices, over limit fees, bounced check notices, or the like.
8. ___ I check my credit reports at least once a year.
9. ___ My savings are on track with my life goals, such as home ownership, educating my children, or retirement.
10. ___ I do not worry about money.
11. ___ I have people I can turn to for good help with financial matters.

___ **Total Points**

⁷ For instance, a car breakdown, a broken pair of glasses, an Emergency Department visit, the refrigerator needs to be replaced, or an emergency trip to help an out-of-town relatives.

Financial Wellness things I would like to do

Occupational Wellness involves participating in activities that provide meaning and purpose, including employment.

Strengths (things I **do** well - my daily routines, habits, and valued life activities that build or maintain my occupational wellness).

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- _____
- _____
- _____

Occupational Wellness Self-Assessment –

Select and complete 1 of the 3 Self-Assessments, depending on whether you are currently employed, looking for work, or not working.

Regularly Employed

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I am happy with my career choice.
2. ___ I look forward to work.
3. ___ My job responsibilities/duties are consistent with my values.
4. ___ The payoffs/advantages in my career field choice are consistent with my values.
5. ___ I am happy with the balance between my work time and my leisure time.
6. ___ I am happy with the amount of control I have in my work.
7. ___ My work gives me personal satisfaction and stimulation.
8. ___ I am happy with the professional/personal growth provided by my job.
9. ___ I think my job allows me to contribute my talents.

___ **Total Points**

Looking for Work, whether to Enter or Return to the Workforce or to Increase Work Hours

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I am actively pursuing work and/or training.
2. ___ I have considered my options regarding career change, additional education, self-employment, etc.
3. ___ I am pursuing an organized job search, keep good records, and do something towards my job search every day.
4. ___ I use online resources to look for work, update skills, and network with others regarding my job search.
5. ___ I assertively market myself through personal networking.
6. ___ I have reached out to former colleagues, teachers, and the placement resources associated with my field, school, union, and/or professional society.
7. ___ I am aware of general community resources for people seeking work.
8. ___ I use my time productively to maintain my skills, support my community, etc.
9. ___ I am hopeful in my job search.

___ **Total Points**

Not Working, whether due to Retirement, being a Full-Time Student, Family Caregiving Responsibilities, or Choice

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

1. ___ I am happy with how I spend my time.
2. ___ I do things with other people often enough not to feel isolated.
3. ___ I use my time in a way that gives me meaning and purpose.
4. ___ I control how I spend my time.
5. ___ I volunteer in the community, or have considered volunteering.

___ **Total Points**

Occupational Wellness- things I would like to do

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

FINANCIAL
Satisfaction with current and future financial situations.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work.



WELLNESS

