

Access

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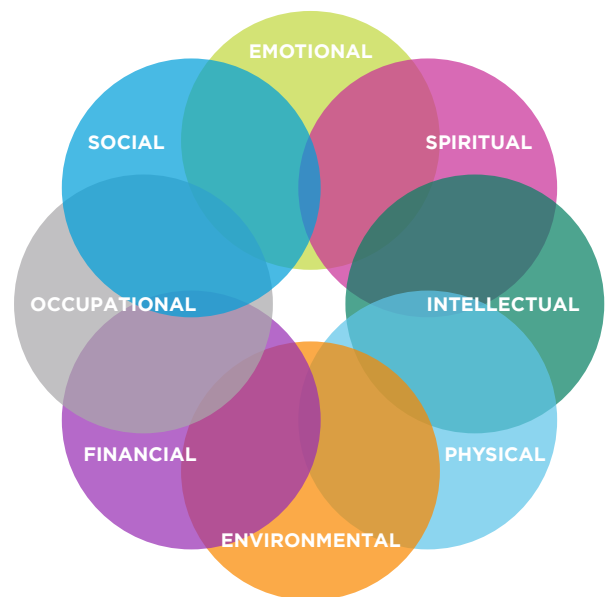
Journey to wellness... from a whole-person perspective

What is Wellness? Wellness can be defined as:

- ✓ A healthy balance of mind, body and spirit that results in an overall feeling of well-being
- ✓ A journey, rather than a destination

Components of Wellness:

- | | |
|-----------------|----------------|
| 1 Physical | 5 Occupational |
| 2 Environmental | 6 Social |
| 3 Intellectual | 7 Spiritual |
| 4 Emotional | 8 Financial |



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1 PHYSICAL COMPONENT

Physical wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits (routine check-ups, balanced diet, exercise), while avoiding destructive habits (tobacco, alcohol &/or other drugs) will lead to optimal physical wellness.

Ideas to increase physical wellness:

- Exercise regularly in a way you enjoy!
- Maintain physical wellness through yearly physical preventive exams, massage, yoga, acupuncture, chiropractic, or any other health care that suits you.
- Participate in a healthy diet through whole foods.
- Get enough sleep to support your body type.

2 ENVIRONMENTAL COMPONENT

Environmental wellness is the ability to recognize our own responsibility for the quality of the air, water, and land that surrounds us. It is protecting our resources, Going Green, and considering a sustainable future.

Ideas to increase environmental wellness:

- Take care of nature, as well as your personal possessions (car, home, place of business). When our personal surroundings are organized it creates a sense of peace and helps crowd out anxiety:
- Clean out that closet and make a donation to local charity.
 - Finish your projects.
 - De-clutter and simplify.

3 INTELLECTUAL COMPONENT

Intellectual wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment. It involves the desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning.

Ideas to increase intellectual wellness:

- Read and be inspired. Are you a lifelong learner?
- Learn a new language.
- Think back to your childhood: remember your passions? Did you draw, build or make crafts? Tap into your creativity.
- Practice crossword puzzle or Sudoku.

4 EMOTIONAL COMPONENT

Emotional wellness is the ability to understand ourselves and cope with the challenges life can bring. It is the ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner. Maintain balance, keep things in perspective and address mental health needs.

Ideas to increase emotional wellness:

- Smile at least 20 times a day.
- Practice optimism.
- Crowd out unhealthy relationships and people that bring you down.
- Read a self-help book.
- Eat living foods to help you feel alive!
- Learn how to handle stress in a positive way. (EAP counselors are good at teaching this!)

5 OCCUPATIONAL COMPONENT

Occupational wellness is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. It is making a positive impact on the organizations in which we work, and to society as a whole.

Ideas to increase occupational wellness:

- Set boundaries on the number of hours per week you work.
- Don't leave your family at the dinner table waiting for you.
- Take your lunch break.
- Get up and move around throughout your day.
- Practice good ergonomics.
- Gain self-awareness so you know what you love.

6 SOCIAL COMPONENT

Social wellness is the ability to relate to and connect with other people in our world. Your ability to establish and maintain positive relationships with family, friends, and co-workers all contribute to your overall wellness.

Ideas to increase social wellness:

- Invite friends over for dinner.
- Play exciting board games and laugh.
- Volunteer at a local food pantry.
- Meet at your favorite coffee shop.

7 SPIRITUAL COMPONENT

Spiritual wellness is the ability to establish peace and harmony in our lives. It is the ability to develop congruency between values and actions and to realize a common purpose that binds creation together. Create a life of meaning and purpose.

Ideas to increase spiritual wellness:

- Be thankful.
- Show gratitude!
- Forgive.
- Pay attention to beauty and be present!
- Be compassionate toward others.
- Protect the earth's future by promoting peace.
- Meditate through guided visualizations.
- Get out and enjoy nature!

8 FINANCIAL COMPONENT

Financial wellness is the ability to manage finances and plan for the future. It is being satisfied with current and future financial situations.

Ideas to increase financial wellness:

- Set a budget and stick to it.
- Assess and evaluate needs versus wants.



Used with permission from Substance Abuse and Mental Health Services Administration website - <http://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

For more information, please call Aurora EAP at 1-800-236-3231.