



# Dimensions Of Wellness

Creating Balance  
& Healthy Habits  
In Every Area Of  
Your Life





## WELLNESS

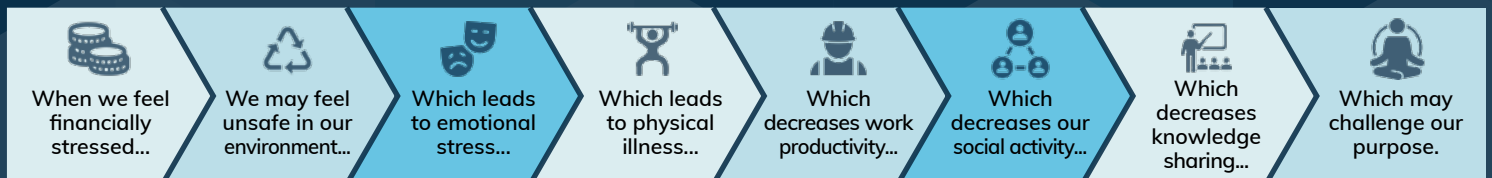
Wellness is a balance. Wellness means having healthy habits like eating well, sleeping, being productive, and participating in meaningful activities.<sup>1</sup>

## EMPOWERMENT

Empowerment means taking personal responsibility for our choices and our lives. Wellness and balance are defined by you, based on what you think is important and needed as well as on your personal goals and values.<sup>2</sup>

## THE 8 DIMENSIONS OF WELLNESS ARE INTERCONNECTED<sup>2</sup>

For Example:



# 8

## Dimensions Of Wellness



**WATCH THE INTERVIEW:**  
Introduction To The  
Eight Dimensions Of  
Wellness

## Table Of Contents

1		<b>Emotional</b> Page 1	<ul style="list-style-type: none"><li>✓ Express feelings</li><li>✓ Adjust to emotional challenges</li><li>✓ Cope with stress &amp; trauma</li></ul>
2		<b>Spiritual</b> Page 2	<ul style="list-style-type: none"><li>✓ Find meaning &amp; purpose</li><li>✓ Have balance &amp; peace</li><li>✓ Identify personal values</li></ul>
3		<b>Intellectual</b> Page 3	<ul style="list-style-type: none"><li>✓ Learn throughout your life</li><li>✓ Apply knowledge</li><li>✓ Share information</li></ul>
4		<b>Physical</b> Page 4	<ul style="list-style-type: none"><li>✓ Maintain healthy habits</li><li>✓ Prioritize nutrition &amp; exercise</li><li>✓ Obtain health care</li></ul>
5		<b>Environmental</b> Page 5	<ul style="list-style-type: none"><li>✓ Feel physically safe</li><li>✓ Access to clean air, water, &amp; food</li><li>✓ Have safe &amp; clean surroundings</li></ul>
6		<b>Financial</b> Page 6	<ul style="list-style-type: none"><li>✓ Have financial resources</li><li>✓ Maintain financial literacy</li><li>✓ Meet practical needs</li></ul>
7		<b>Occupational</b> Page 7	<ul style="list-style-type: none"><li>✓ Find purpose in employment</li><li>✓ Balance work &amp; leisure time</li><li>✓ Look forward to work</li></ul>
8		<b>Social</b> Page 8	<ul style="list-style-type: none"><li>✓ Spend time with loved ones</li><li>✓ Contribute to the community</li><li>✓ Share interest in others</li></ul>
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# EMOTIONAL



## What Is Emotional Wellness?

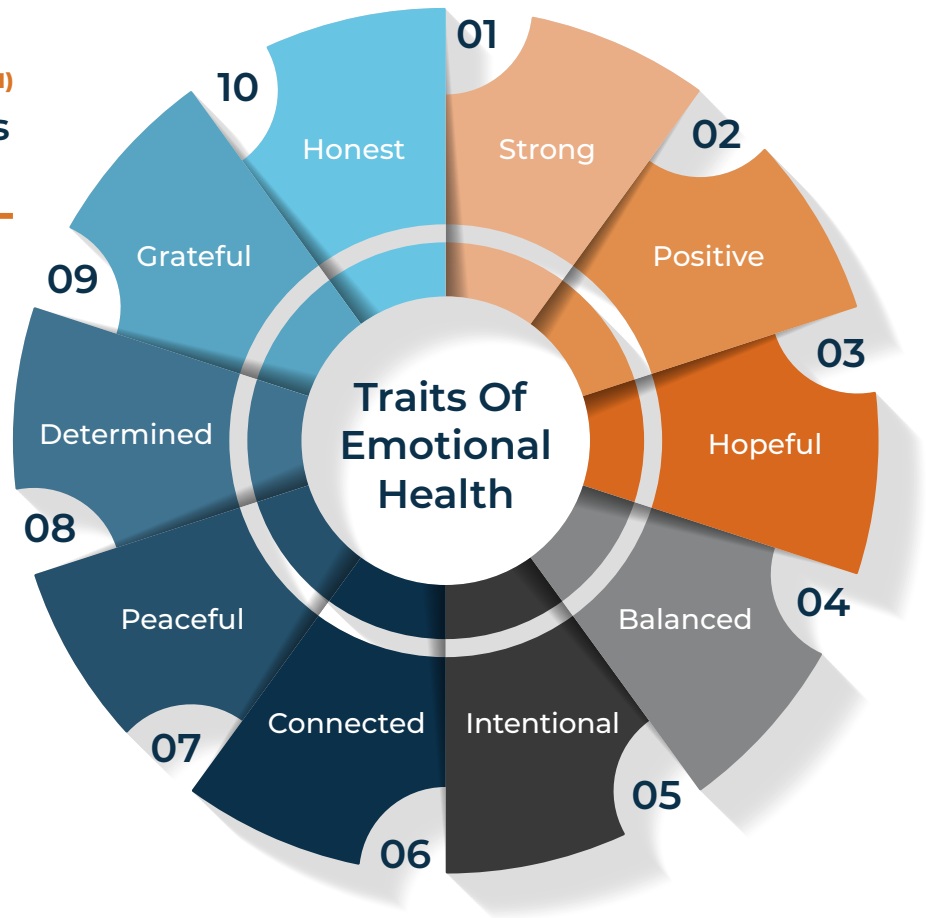
Emotional wellness is the ability to successfully handle life's stressors while adapting to change during difficult times.<sup>1</sup>

## Why Is It So Important?

Emotional health is important to overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. This allows them to keep problems in perspective and bounce back from setbacks.<sup>2</sup>

### National Institute of Health (NIH) Emotional Wellness Checklist<sup>1</sup>

- Brighten your outlook
- Reduce stress
- Get quality sleep
- Cope with loss
- Be mindful
- Strengthen social connections



1. <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf>  
 2. <https://journeytorecovery.com/product/the-ten-essential-traits-of-emotional-health-mh-infographic/>



**WATCH THE INTERVIEW:**  
Dimensions Of Health & Wellness: Redefining Emotional Wellness

# SPIRITUAL



## What Is Spiritual Wellness?

Spiritual wellness involves having meaning and purpose and a sense of balance and peace.<sup>1</sup>

## Positive Effects Of Spiritual Wellness:<sup>2</sup>

### Physical Health

- Live longer
- Enhance immune function
- Reduce risk of cardiovascular disease and hypertension
- Increase in health-promoting behaviors



### Emotional Health

- Less anxiety, depression, and suicide
- Greater coping skills
- Improve self-confidence
- Stronger support systems

## Spiritual Wellness Checklist<sup>1</sup>

- I know my values and beliefs about life
- My daily actions are based on my values
- My beliefs and values guide me in difficult times
- I feel purpose and meaning in my life
- I am grateful for the good things in life
- I am optimistic about and have faith in the future
- I try to learn about differing views and beliefs
- I regularly pray, meditate, or reflect
- I use my thoughts and attitudes in life-affirming ways

## Spiritual activities to help you feel well:<sup>1</sup>

-  Spending time in nature
-  Breathing exercises
-  Reading an inspirational book
-  Becoming involved in a spiritual community
-  Praying or meditating

1. Swarbrick, P., & Yudof, J. (2015). *Wellness in Eight Dimensions*. New Jersey: Collaborative Support Programs of NJ, Inc.  
2. Mueller, P. S., et al., *Mayo Clin Proc.* 2001; 76: 1225-1235.



### WATCH THE INTERVIEW:

Dimensions Of Health & Wellness: The Role Of Introspection To Encourage Spiritual Growth



# INTELLECTUAL



## What Is Intellectual Wellness?

Intellectual wellness involves lifelong learning, the application of knowledge learned, and sharing knowledge with others.<sup>1</sup>

### Intellectual Wellness Consists Of:<sup>2</sup>

- Creativity
- Critical thinking
- Problems solving
- Stimulating curiosity



### Potential Impacts:<sup>2</sup>

- Improved concentration
- Improved memory
- Clearer thinking
- Open-mindedness
- A more stimulating life

### Intellectual Wellness Checklist<sup>1</sup>

- I make an effort to learn new things
- I try to keep on top of current affairs
- I do creative activities or play stimulating games
- I read daily on the internet, magazines, or books
- I try to see more than one side of an issue
- I look up things I don't know
- I ask questions to learn from others

### Intellectual Wellness Ideas:



- Learn A New Language
- Write A Story
- Do A Crossword Puzzle
- Solve A Jigsaw Puzzle
- Read A Book



- Build A Model
- Learn A New Craft
- Cook A New Dish
- Practice A Musical Instrument
- Take An Art Class



- Practice A New Sport
- Learn A New Dance
- Learn A New Game



- Attend A Lecture
- Visit A Museum
- Attend A Play



- Share What You've Learned With A Friend
- Engage In An Intellectual Discussion

1. Swarbrick, P., & Yudof, J. (2015). *Wellness in Eight Dimensions*. New Jersey: Collaborative Support Programs of NJ, Inc.  
 2. Intellectual | Center for Wellness and Health Promotion (harvard.edu): <https://wellness.huhs.harvard.edu/intellectual>



**WATCH THE INTERVIEW:**  
 Dimensions Of Health & Wellness: "Bipolar Advantage" Of Intellectual Creativity

# PHYSICAL



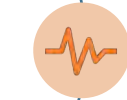
## What Is Physical Wellness?

Physical wellness involves maintaining healthy habits, prioritizing nutrition and exercise, and obtaining health care.<sup>1</sup>

### Physical Wellness & Mental Health: Data & Statistics<sup>1</sup>



People with serious mental illness have an increased risk for chronic diseases like diabetes or cancer.



Rates of cardiometabolic disease are twice as high in adults with serious mental illness.



Depression is a leading cause of disability worldwide.

## Physical Wellness Checklist<sup>2</sup>

- Plan annual physical and dental checkups, immunizations, and self-exams
- Maintain a healthy weight for age and height
- Avoid tobacco products
- Wear a seat belt in moving vehicles
- Get adequate sleep (7-9 hours/night)
- Brush teeth at least 2X daily, and floss at least 1X daily



### Manage Stress

Use stress management techniques like meditation. These help us to stay calm and relaxed.<sup>2</sup>



### Exercise

Aim to exercise for 20 to 30 minutes at least 3X per week.<sup>2</sup>



### Nutrition

Eat a variety of fresh fruits, vegetables, and whole grains each day.<sup>2</sup> Avoid excessive caffeine and sugary drinks.<sup>2</sup>

1. <https://www.nami.org/mhstats>  
2. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc



### WATCH THE INTERVIEW:

Dimensions of Health & Wellness: A Healthy Body Equals A Healthy Mind



# ENVIRONMENTAL

## What Is Environmental Wellness?

Environmental wellness involves having physical safety, clean surroundings, and access to clean air, food, and water.

Environment impacts the other dimensions of health & wellness.<sup>1</sup>



Pollution and lack of sleep can impact our **physical wellness**.



Noisy workspaces and difficult work schedules can impact our **occupational wellness**.



Living in places without parks, recreation centers, and grocery stores can impact our **social wellness**.

## Environmental Wellness Checklist<sup>2</sup>

- Walk, bike, or use public transportation
- Make use of natural light, fresh air, and live plants
- Limit electronic device use before bed
- Enjoy time in nature, but protect your skin
- Support local gardens and farmer's markets
- Clean your home and workspace to avoid clutter
- Support advocates for the environment
- Use recycled items, and conserve energy and water



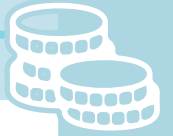
1. <https://www.prainc.com/wp-content/uploads/2019/05/EnvironmentalWellness-508.pdf>  
2. <https://u.osu.edu/4hjjournal/2021/01/13/environmental-wellness-healthy-world-healthy-you/>  
3. <https://www.myamericannurse.com/wp-content/uploads/2018/09/ant9-Wellness-Environment-822a.pdf>



**WATCH THE INTERVIEW:**  
Dimensions Of Health & Wellness: Environmental Wellness



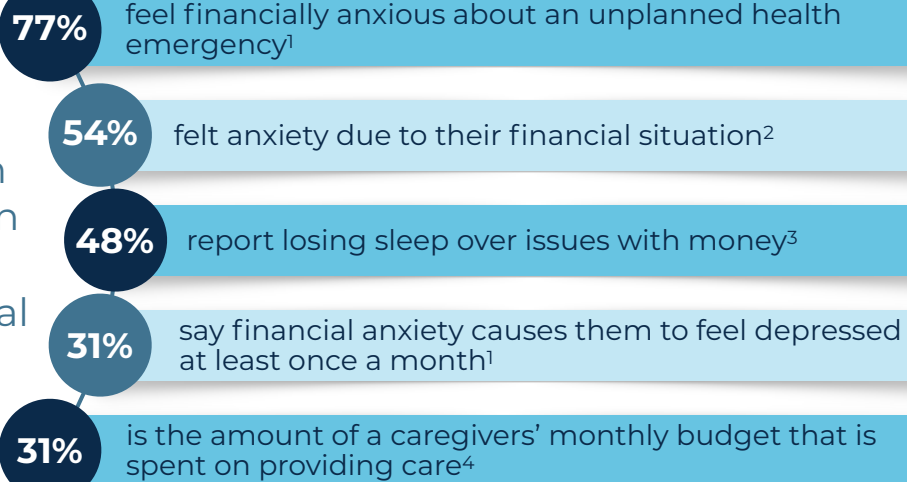
# FINANCIAL



## What Is Financial Wellness?

Financial wellness involves having financial resources, maintaining financial literacy, and meeting practical needs.

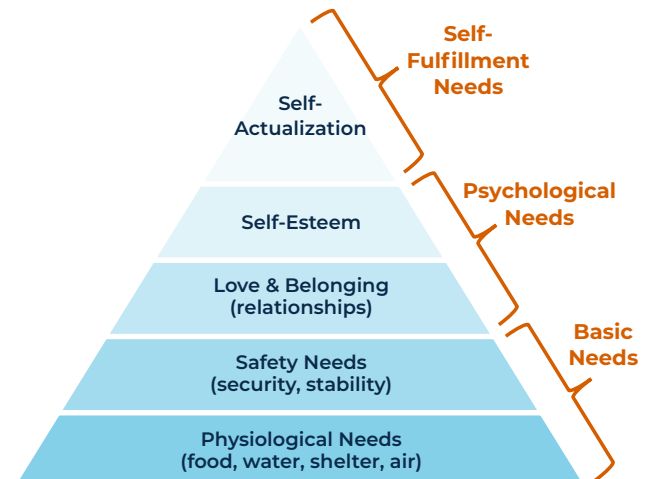
Financial wellness is an unmet need in the U.S. that impacts mental health.



## Financial Wellness Checklist<sup>5</sup>

- I have money to meet current expenses
- I balance my wants and needs
- I have money for unexpected life expenses
- I pay my bills and file taxes on time
- I track expenses and monitor credit reports
- I save money for life goals like retirement
- I have people who can help me with finances

Financial wellness allows us to meet our basic needs.



Maslow's hierarchy of needs suggests that people are motivated to fulfill basic needs (bottom of the pyramid) before they meet more advanced needs (top of the pyramid).<sup>6</sup>

1. <https://news.northwesternmutual.com/planning-and-progress-2020>  
2. <https://news.northwesternmutual.com/planning-and-progress-2018>  
3. Survey: Surprisingly Fewer People Losing Sleep Over Money Issues | Bankrate  
4. <https://news.northwesternmutual.com/planning-and-progress-2021>

5. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.  
6. <https://canadacollege.edu/dreamers/docs/Maslows-Hierarchy-of-Needs.pdf>



**WATCH THE INTERVIEW:**  
Dimensions Of Health & Wellness: A Conversation About Financial Wellness





# OCCUPATIONAL



## What Is Occupational Wellness?



It is the ability to achieve work/life balance in a way that promotes healthy living and job satisfaction.<sup>1</sup>



It is a very important element in the life of an employee. Work-related stress can have negative impacts on an individual's mental and physical health.<sup>2</sup>

### Occupational Wellness Checklist<sup>3</sup>

- Set reasonable goals
- Manage time efficiently
- Ask for flexibility when needed
- Take breaks
- Communicate effectively

### Ways to Improve Occupational Wellness At Home<sup>3</sup>

#### At Home



Unplug from technology



Don't over commit



Seek out support



Take care of your body



Share household responsibilities



1. Occupational Wellness | Health and Wellness | Washington State University (wsu.edu) link: Occupational Wellness | Health and Wellness | Washington State University (wsu.edu)  
 2. Health And Wellness in Workplace And Why they're Important? (mantracare.org) link: Health And Wellness in Workplace And Why they're Important? (mantracare.org)  
 3. Work Life Balance | Mental Health America (mhanational.org) link: Work Life Balance | Mental Health America (mhanational.org)



**WATCH THE INTERVIEW:**  
Dimensions Of Health & Wellness: Working Towards Occupational Wellness

# SOCIAL



## What Is Social Wellness?

Social wellness involves spending time with loved ones, contributing to the community, and taking interest in others.<sup>1</sup>

### Social Wellness In Action: Examples In the Mental Health Community



**Peer support specialists** are trained professionals. They support people with mental illness. They also have lived experience.



**Caregivers** help people with limitations. These may be due to illness, injury, or disability.



**Advocacy groups** educate on mental health. They help us to improve services in the mental health field. They also fight stigma.

## Social Wellness Checklist<sup>2</sup>

- Make connections
- Take care of yourself and others
- Get active with friends
- Build healthy relationships
- Bond with your family
- Shape your family's health habits

1. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.  
2. <https://www.nih.gov/health-information/social-wellness-toolkit>  
3. <https://www.cdss.ca.gov/inforesources/foster-care/social-wellness>

## 6 Types Of Social Wellness Boundaries<sup>3</sup>

*We can be open to others, but we can say "no," too.*



### Physical

Limits on personal space and physical touch



### Intellectual

Limits on sharing thoughts and opinions



### Emotional

Limits on sharing personal information



### Sexual

Limits on sexual intimacy and desired sexual contact



### Material

Limits on lending money and personal possessions



### Time

Limits on sharing time with others if you want space



### WATCH THE INTERVIEW:

Dimensions Of Health & Wellness: Social Wellness & The Role Of Peer Support





# SUPPORTING ORGANIZATIONS



Organizations That Support Mental Health Advocacy:



**American Foundation for Suicide Prevention**



**NAMI**  
National Alliance on Mental Illness



**PRO CAREGIVER CONSULTANTS**  
Providing Hope And Training To Caregivers Of Adults With Brain Disorders



**Schizophrenia & Psychosis Action Alliance**



**DBSA**  
Depression and Bipolar Support Alliance



**STRONGER THAN ADDICTION**



**Tourette Association of America**  
Awareness. Research. Support.



**Walt's Waltz**  
Let's stop dancing around mental health conversations.



**Mental Health America**



**If you or someone you know is in crisis, call:**  
Suicide Prevention Hotline/Lifeline 1-800-273-TALK (8255) or text the Crisis Text Line 741-741



# NOTES



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# NOTES



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# NOTES



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## Dimensions Of Wellness



Create Balance & Healthy Habits In  
Every Area Of Your Life:

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



A Community & Online Resource  
For Mental Health Care

**PsychU.org**