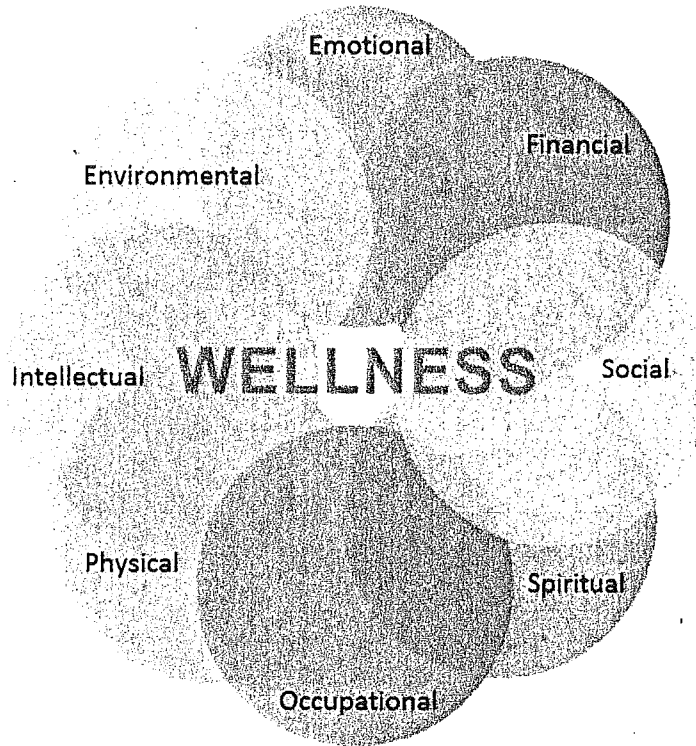


# Wellness



## In Eight Dimensions



[www.welltacc.org](http://www.welltacc.org)

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## Creating Wellness

**Wellness** involves being aware of ourselves as whole people including a sense of balance, comfort with our bodies, our lives, or jobs, and more. 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, we experience stress and trauma, and more, we are resilient, have emotional strength, material resources, and the support of others to survive and thrive.

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

We are aware that people we care about die much earlier than the general population – by many estimates 25 years earlier - and experience significant health problems. As a result of this trend of early death and major health problems, the Substance Abuse and Mental Health Services Administration (SAMHSA) of the US Department of Health and Human Services has spearheaded the **10x10 Wellness Campaign** to promote the importance of addressing wellness in all parts of a person's life. This campaign hopes to increase life expectancy of people we value *by 10 years over the next 10 years*. Organizations and individuals around the country have expressed their commitment to promoting wellness and reducing the disproportionate impact of preventable morbidity and mortality by signing the Pledge for Wellness<sup>1</sup>,

This campaign includes a *vision*: A future in which people have opportunities to pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources. The Institute for Wellness and Recovery Initiatives at CSPNJ has helped create and embraced that vision, and want to do everything we can to help make that vision a reality.

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<sup>1</sup> [www.promoteacceptance.samhsa.gov/10by10/pledge.aspx](http://www.promoteacceptance.samhsa.gov/10by10/pledge.aspx)

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 unwell (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 which 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, treatment with living our lives fully and productively, and the desire for rapid change with the known effectiveness of slow changes to build habits.

Another part of wellness is about choosing, getting, and keeping *valued roles*. We need to balance being a patient, client, "person in recovery," etc. with roles like worker, student, colleague, dad, wife, congregant, and more. These roles and more drive our passions daily activities and enhance our identity.

Wellness involves a sense of *empowerment*. Sometimes the conditions we live with, or even the service and treatment systems we use, leave us feeling a lack of control. It is important we are treated with dignity and respect and assume *personal responsibility for our lives*.

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 habits in accordance with our wellness, our valued roles, and our personal goals.

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 learn to do and what type of support you need to create greater wellness in your life.

One of the things many people find helpful is to assess their wellness in each dimension. For each of the eight dimensions that follow, record your strengths and review the self-assessment. 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!

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

**Strengths** (the things you **do** well - your daily routines, habits, and valued life activities that build and maintain your physical wellness).

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**My Physical Wellness Self-Assessment<sup>2</sup>**

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

1. \_\_\_ I exercise aerobically (vigorous, continuous) 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.

\_\_\_ **Total Points**

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<sup>2</sup> Included from <http://definitionofwellness.com/dimensions-of-wellness/physical-wellness.html>

***Physical Wellness- things you would like to do***

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

**Strengths** (the things you **do** well - your daily routines, habits, and valued life activities that build and maintain your intellectual wellness).

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**My Intellectual Wellness Self-Assessment<sup>3</sup>**

**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 and see more than one side of an issue.
8. \_\_\_ I enjoy engaging in intellectual discussions.

\_\_\_ **Total Points**

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<sup>3</sup> Adapted from [www.definitionofwellness.com/dimensions-of-wellness/intellectual-wellness.html](http://www.definitionofwellness.com/dimensions-of-wellness/intellectual-wellness.html)

***Intellectual Wellness- things you would like to do***

***The Environmental Wellness Dimension*** involves being able to be and feel physically safe, in safe and clean surroundings, and 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 you do well - your daily routines, habits, and valued life activities that build and maintain your environmental wellness).

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***My Environmental Wellness Self-Assessment<sup>4</sup>***

**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, car, and elsewhere.
6. \_\_\_ I recycle (glass, paper, plastic, etc.)
7. \_\_\_ I do not litter.
8. \_\_\_ I purchase recycled items when possible.

\_\_\_ **Total Points**

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<sup>4</sup> Adapted from [www.definitionofwellness.com/dimensions-of-wellness/environmental-wellness.html](http://www.definitionofwellness.com/dimensions-of-wellness/environmental-wellness.html)

***Environmental Wellness- things you would like to do***

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

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

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***My Spiritual Wellness Self-Assessment***<sup>5</sup>

**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**

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<sup>5</sup> Adapted from [www.definitionofwellness.com/dimensions-of-wellness/spiritual-wellness.html](http://www.definitionofwellness.com/dimensions-of-wellness/spiritual-wellness.html)

***Spiritual Wellness- things you would like to do***

**The Social Wellness Dimension** 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 you **do** well - your daily routines, habits, and valued life activities that help you build and maintain social wellness).

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**My Social Wellness Self-Assessment<sup>6</sup>**

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

1. \_\_\_ I contribute time and/or money to social and community projects.
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**

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<sup>6</sup> Adapted from [www.definitionofwellness.com/dimensions-of-wellness/social-wellness.html](http://www.definitionofwellness.com/dimensions-of-wellness/social-wellness.html)

***Social Wellness- things you would like to do***

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

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

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***My Emotional Wellness Self-Assessment<sup>7</sup>***

**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**

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<sup>7</sup> Adapted from [www.definitionofwellness.com/dimensions-of-wellness/emotional-wellness.html](http://www.definitionofwellness.com/dimensions-of-wellness/emotional-wellness.html)

***Emotional Wellness- things you would like to do***

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

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

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**My 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 expenses<sup>8</sup> (\$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**

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<sup>8</sup> For instance, a car breakdown, a broken pair of glasses, an Emergency Department visit, the refrigerator needs to be replaced, an emergency trip to out-of-town relatives.

***Financial Wellness things you would like to do***

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

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

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**My Occupational Wellness Self-Assessment –**

*Select and complete 1 of the 3 Self-Assessments, depending on whether you are employed, looking to get a job, or out of work.*

**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 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 feel my job allows me to contribute my talents.

\_\_\_ **Total Points**

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

\_\_\_ **Total Points**

***Out of the Workforce -Retirement, 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**

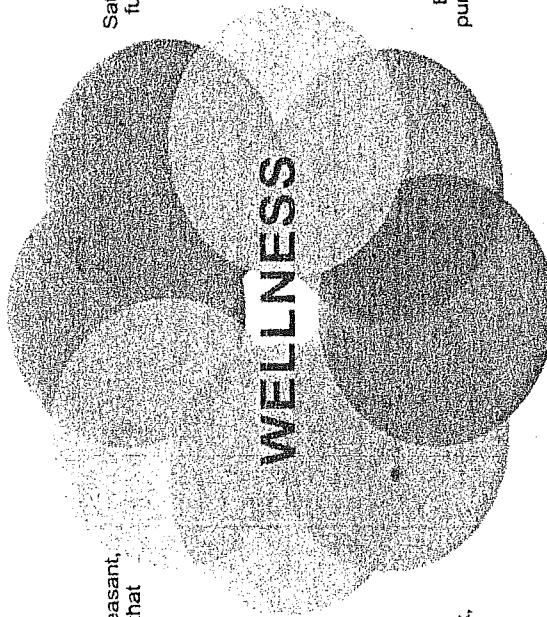
***Occupational Wellness- things you would like to do***

**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.