

Dimensions of Wellness:

Physical Wellness

The physical dimension of wellness encourages cardiovascular flexibility and strength and also encourages regular, physical activity. Physical development encourages knowledge about food and nutrition and discourages the use of tobacco, drugs and excessive alcohol consumption. Physical Wellness encourages consumption and activities which contribute to high level wellness, including medical self-care and appropriate use of the medical system.

As you travel the physical wellness path, you'll strive to spend more time each week building endurance, flexibility and physical strength. Sometimes the path may become narrow and treacherous-you'll become more aware of the hazards around you and you'll begin to take safety precautions so you may travel your path successfully. The physical dimension of wellness entails taking responsibility and care for minor illnesses and also knowing when professional medical attention is needed.

By traveling the wellness path, physically, you'll be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical dimension of wellness provides almost immediate beneficial results-both physical and psychological. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self control determination and a sense of direction.

- As you travel the wellness path, you'll begin to believe that - physically.
- It's better to consume foods and beverages that enhance good health rather than those which impair it.
- It's better to be physically fit than out of shape.

Social Wellness

The social dimension of wellness encourages contributing to one's human and physical environment to the common welfare of one's community. Social Wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one's family.' As you travel a wellness path, you'll become more aware of your importance in society as well as the impact you have on nature and your community. You'll take an active part in improving our world by encouraging a healthy living environment and initiating better communication with those around you. You'll actively seek ways to preserve the beauty and balance of nature along the pathway.

Social wellness is having positive interactions with and enjoying being with others. It is having comfort and ease during work and leisure situations and communicating feelings and needs to others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the common good, and allowing others to care for you. It is recognizing the need for leisure and recreation and budgeting time for those activities.

As you proceed on your social wellness journey, you'll discover many things-you'll discover that you have the power to make willful choices to enhance personal relationships, important friendships, your community, the environment and, ultimately, the world. As you travel the wellness path, you'll begin to believe that - socially.

- It's better to contribute to the common welfare of our community than to think only of ourselves.
- It's better to live in harmony with others and our environment than to live in conflict with them.

Emotional Wellness

The emotional dimension of wellness emphasizes an awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The emotionally well person maintains satisfying relationships with others.

Emotional Wellness allows you to be aware of and accept a wide range of feelings in yourself and others. You'll be able to express feelings freely and manage feelings effectively. You'll be able to arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior. On the wellness path, you'll live and work independently while realizing the importance of seeking and appreciating the support and assistance of others. You'll be able to form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect. You'll take on challenges, take risks, and recognize conflict as being potentially healthy. Managing your life in personally rewarding ways, and taking responsibility for your actions, will help you see life as an exciting, hopeful adventure.

- As you travel the wellness path, you'll begin to believe that - emotionally.
- It's better to be aware of and accept our feelings than to deny them.
- It's better to be optimistic in our approach to life than pessimistic.

Environmental Wellness

It is important to lead a lifestyle that is respectful of our environment. This includes respecting nature and those species living in it. Also, respect for others living in our environment is just as necessary as respect for the physical environment itself. While today's climate is one of increased environmental awareness, the average person may still be unconcerned or simply uninformed about what he or she can do to help the environment. You don't have to be a member of an organization to help; an individual can help by simply leading an environmentally conscious life.

Spread the word about environmental wellness. Discuss with your friends the importance of leading a lifestyle that ensures the purity of our water, air and living conditions. Also, if you see someone littering, politely tell that person you do not approve of his or her actions. Get involved with your community's recycling programs. Implement a recycling program and find ways to conserve paper in your home and at work. Make sure the recycling bins in your home / office are readily available and are being utilized. Not only will your efforts be rewarding, but they will put you on the right path to environmental wellness.

Signs of Good Environmental Wellness

- You are aware of the limits of the earth's natural resources
- You conserve energy (i.e., Shutting off unused lights)
- You recycle paper, cans, and glass as much as possible
- You enjoy, appreciate, and spend time outside in natural settings
- You do not pollute the air, water or earth if you can avoid doing so
- You avoid second-hand smoke

Spiritual Wellness

The spiritual dimension of wellness involves seeking meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

As you begin to develop the spiritual wellness dimension of your life, taking the Wellness path, spiritually, you'll start asking the question, who am I and what is meaningful in my life. You'll observe the scenery along the path, the world around you with appreciation and wonderment. You'll ask many questions about the scenery, the world, as well as your everyday experiences, and learn to value that which cannot be completely understood. Growing spiritually, you'll try to find peaceful harmony between internal personal feelings and emotions and the rough and rugged stretches of your path.

While traveling the path, you may experience many feelings of doubt, despair, fear, disappointment and dislocation as well as feelings of pleasure, joy, happiness and discovery- these are all important experiences and components of the terrain, your value system. You'll know you're becoming spiritually well when your actions become more consistent with your beliefs and values.

On this excursion, you'll continually think about and integrate your experiences and beliefs with the experiences and beliefs of those around you. With this valuable spiritual wellness information, you'll be able to engage in the formulation of your world view, and your system of values and goals.

- As you travel the wellness path, you'll begin to believe that - spiritually.
- It's better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It's better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.