Total Body Wellness

Practices that Help the Body Work Efficiently

Emotional Spiritual Eight Dimensions Occupational Intellectual of Wellness Financial **Physical** Environmenta

Total Body Wellness

 Be mindful that your health is more than just physical

ENVIRONMENTAL

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

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

INTELLECTUAL

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





FINANCIAL

Satisfaction with current and future financial situations.

DIMENSIONS OF WELLNESS

PHYSICAL

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



AS DEFINED BY SAMHSA



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SOCIAL

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





OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

SPIRITUAL

Expanding our sense of purpose and meaning in life.

Tips for Improving Overall Wellness



Identify Problem Areas

Choose an area from the wellness wheel that you feel you could improve upon



Set a Goal

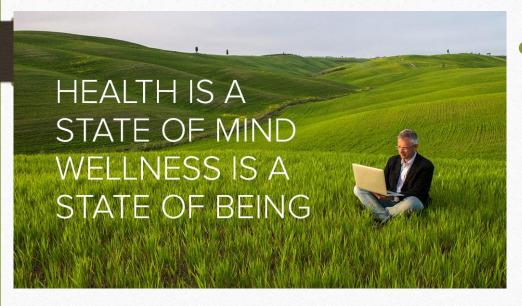
Create a measurable goal where you will be able to see the results

Ideas to Get Started



- Sit Less- stand while working with a standing desk, pace during conference calls and walk at lunchtime
- Be Thoughtful- write down three things you love about yourself or others and post it in your office or home as daily encouragement
- Learn Continuously- find a new topic of interest and set a goal to read a book this year

Ideas to Get Started



• Practice Meditation- Think introspectively and reflect on yourself for five minutes a day to help create mind/body awareness

• Join a Social Group-

Whether it's a favorite sport, book club, group exercise, or just friends hanging out, invest yourself in a community where you can be your best self and enjoy the presence of others

References

- https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/
- https://nccih.nih.gov/health/wellness