

Dimensions of Wellness

Wellness is the conscious choice to take care of ALL of YOU.

▶ Physical

- Move your body.
 - Move in ways that you ENJOY and are safe for you.
 - Incorporate physical activity into your daily life. (Walk or bike on errands, park at end of lot, take stairs, etc.)
 - Start slowly and build gradually.
 - Maintain your body's strength, flexibility, stamina and balance.
- Eat well.
 - Strive for variety, balance and moderation in food choices.
 - Tune in/trust your internal regulators—hunger, appetite, satiety.
 - Eat attentively and slowly.
 - Eat regularly (don't forget breakfast).
 - Eat good food: food you enjoy.
 - Monitor eating for emotional reasons.
- Recharge your batteries.
 - Plan short times of rest, relaxation or focused breathing into your daily life.
 - Get 7 to 8 hours of sleep each night.
 - Take longer rests throughout the year (restful long weekend, relaxing vacation).
- Preserve your body.
 - Keep smoke out of your lungs and tobacco out of your mouth.
 - If you drink alcohol, do so only in moderation.
 - Choose and use medications and supplements wisely.

▶ Mental

- Intellectual
 - Nourish and exercise your mind—expose yourself to stimulating environments and activities. Learn something new every day.
 - Accept and meet new challenges willingly—look at and think about things in new ways.
 - Cultivate your creativity. (Music, art, crafts, gardening, etc.)
 - Control your energy output—choose to say “no” to some possibilities.
- Emotional
 - Become aware of and accept your feelings.
 - Manage stress with healthy coping strategies.
 - Choose to be positive.
 - Practice the attitude of gratitude.
 - Maintain a healthy self-concept (know, respect and like yourself).
 - Talk to yourself gently—use positive self-talk.
 - Be realistic.
 - Affirm your resources.
 - Focus on what deeply satisfies you.
 - Choose to grow from your experiences.

► Relationships/Social

- Develop a supportive network of family and friends
- Identify your interpersonal needs (listening, emotional nurture, feedback, commendation, challenge, play)
 - Don't put all your eggs in one basket.
 - Don't wait for a mind reader.
 - Speak up.
- Watch out for people traps.
 - Pleasing others.
 - Taking on too much responsibility.
- Contribute in meaningful ways to the wider community.

► Spiritual

- Find meaning and purpose in life.
- Identify your beliefs, values, ethics, guiding principles and priorities.
- Get in touch with your core/spirit/soul.
 - Be quiet and peaceful
 - Be open.
 - Be hopeful and optimistic.
 - Be inquisitive and curious.
 - Be receptive to pain and grief.
 - Be playful.
 - Be thankful.
 - Be giving.
 - Be mindful.
 - Accept yourself as you are.
 - Take care of yourself.
 - Love others.
 - Commit to something greater than you.
 - Forgive others.
 - Do things that bring you joy or bring you peace.
 - Spend time in nature.
 - Respect all living things.
 - Listen to your inner voice.
 - Ask yourself the big questions: Why am I here? What is my purpose in life? Am I living my life according to my values and beliefs?
 - Journal.
 - Pray.
 - Set aside time for reflection.
 - Listen to music that moves you.
 - Read books that allow for personal growth and enlightenment.
 - Seek out a faith community to be a part of.
 - Meditate.
 - Do yoga.
 - Visualize.
 - Spend time with people or in places that inspire you.