

DEVELOPING STRONG PEOPLE



OCCUPATIONAL

Find a career that you are passionate about

- Personal interests and values align

Personal Growth & Development

- Build new skills
- Look for opportunity to grow

Financial security

- Make a comfortable living for you and your family
- Do not build debt, pay off bills
- Financial investments for long term security

EMOTIONAL

Being able to understand and accept your feelings and someone else's

- Anger
- Happy
- Sad
- Frustrated
- Excited, etc.

Build trust, respect others

Understand that being optimistic is better than being pessimistic

- Glass is half full
- Don't play devil's advocate, but be aware that many things can happen

PHYSICAL

Consume a healthy diet and align the correct nutrition

- Lean Protein
- Fruits & Vegetables
- Whole Grains
- Healthy Fats

Be physically active

- Play Sports
- Weight Training
- Running / Walking
- Yoga / Meditation

Abstain from substance abuse

- Limit consumption of alcohol
- Refrain from use of tobacco and non-prescription drugs

Get enough sleep and allow your body to heal from sickness & injury.

SPIRITUAL

Understand your values and beliefs

- Mindfulness
- Rites of Passage
- Religion
- Seek a higher spiritual connection
- Center yourself (Body, Mind, Spirit)

Be tolerant of other world views and beliefs

- Religions
- Beliefs
- Spiritual practices

INTELLECTUAL

Challenge yourself to think outside your comfort zone

- Look for opportunity in educational challenges
- Try new things
- Diversify your world around you

Know your trigger points

- Identify potential problems
- Work to solve and not dismiss problems
- Strive towards overall wellness

SOCIAL

Be a positive contributing factor in your community and the environment around you

- Volunteer
- Philanthropist
- Support others

Build sustainable & meaningful relationships

- Be in a positive relationship with a life partner
- Strengthen your family and friends around you
- Grow a positive personal network

The Six Dimensions of Wellness Model

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), this interdependent model, commonly referred to as the Six Dimensions of Wellness, provides the categories from which NWI derives its resources and services.

A Description of Each Dimension

OCCUPATIONAL

The occupational dimension recognizes personal satisfaction and enrichment in one's life through work. At the center of occupational wellness is the premise that occupational development is related to one's attitude about one's work. Traveling a path toward your occupational wellness, you'll contribute your unique gifts, skills, and talents to work that is both personally meaningful and rewarding. You'll convey your values through your involvement in activities that are gratifying for you. The choice of profession, job satisfaction, career ambitions, and personal performance are all important components of your path's terrain.

Occupational wellness follows these tenets:

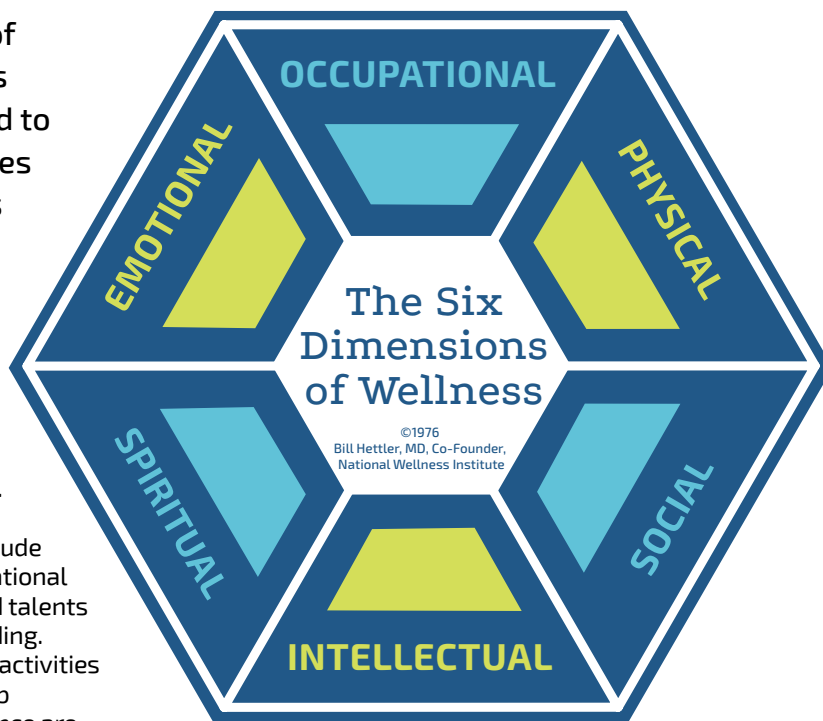
- It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
- It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

PHYSICAL

The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption. Optimal wellness is met through the combination of good exercise and eating habits. As you travel the wellness path, you'll strive to spend time building physical strength, flexibility and endurance while also taking safety precautions so you may travel your path successfully, including medical self-care and appropriate use of a medical system. The physical dimension of wellness entails personal responsibility and care for minor illnesses and also knowing when professional medical attention is needed. By traveling the wellness path, 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 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.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.



SOCIAL

The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature. As you travel a wellness path, you'll become more aware of your importance in society as well as the impact you have on multiple environments. You'll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you. You'll actively seek ways to preserve the beauty and balance of nature along the pathway as you discover the power to make willful choices to enhance personal relationships and important friendships, and build a better living space and community.

Social wellness follows these tenets:

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

INTELLECTUAL

The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others. Using intellectual and cultural activities in the classroom and beyond the classroom combined with the human resources and learning resources available within the university community and the larger community, a well person cherishes intellectual growth and stimulation. Traveling a wellness path, you'll explore issues related to problem solving, creativity, and learning. You'll spend more time pursuing personal interests and reading books, magazines, and newspapers, while keeping abreast

of current issues and ideas. As you develop your intellectual curiosity, you'll actively strive to expand and challenge your mind with creative endeavors.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

SPIRITUAL

The spiritual dimension recognizes our search for 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. Your search will be characterized by a 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 to your search and will be displayed in the value system you will adapt to bring meaning to your existence. You'll know you're becoming spiritually well when your actions become more consistent with your beliefs and values, resulting in a "world view."

Spiritual wellness follows these tenets:

- It is 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 is 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.

EMOTIONAL

The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self 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 well person maintains satisfying relationships with others. Awareness of, and accepting a wide range of feelings in yourself and others is essential to wellness. On the wellness path, 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. 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.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.

Applying the Six Dimensions of Wellness Model

By applying the model, a person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living. This holistic model explains:

- how a person contributes to his or her environment and community, and how to build better living spaces and social networks;
- the enrichment of life through work, and its interconnectedness to living and playing;
- the development of belief systems, values, and creating a world-view;
- the benefits of regular physical activity, healthy eating habits, strength and vitality, as well as personal responsibility, self-care and when to seek medical attention;
- self-esteem, self-control, and determination as a sense of direction;
- creative and stimulating mental activities, and sharing your gifts with others.

Applying a wellness approach can be useful in nearly every human endeavor. As a pathway to optimal living, wellness is being applied to related fields, such as health promotion and holistic health, and has seen a growth in "helping professions" including counseling and medical arts and practices. The National Wellness Institute devised three questions that can help persons and organizations assess the degree to which wellness is incorporated into a particular approach or program:

- Does this help people achieve their full potential?
- Does this recognize and address the whole person (multi-dimensional approach)?
- Does this affirm and mobilize people's positive qualities and strengths?

