Think of your experience with FLAT TIRES
A flat tire...

- Makes it difficult to steer straight
- Makes a bumpy ride
- Makes steering difficult
- Can cause a wreck
- Causes you to not reach your destination
How do you define...

- **Health**
- **Wellness**
Wellness is....
Growth

Balance
Aspects of who we are

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual
Emotional Wellness

- Feelings, emotions, reactions, cognition
- Coping effectively with life and creating satisfying relationships
- Optimism, trust, self-esteem, self-acceptance, self-control, self-confidence, satisfying relationships and an ability to share feelings
The Path to Emotional Wellness may involve:

- Awareness of thoughts and feelings
- Using a positive attitude
- Seeking support and expressing emotions in a suitable manner
- Learning time management skills
- Setting priorities
- Accepting mistakes and learning from them
- Maintaining life balance
- The path may also involve seeking out support from a mental health professional when needed and gathering information in order to make informed value decisions.
Are you engaged in the process of emotional wellness?

Evaluate your own emotional wellness with this brief quiz.

- Am I able to maintain a balance of work, family, friends, and other obligations?
- Do I have ways to reduce stress in my life?
- Am I able to make decisions with a minimum of stress and worry?
- Am I able to set priorities?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your emotional wellness.
What will your path toward emotional wellness look like
Environmental

- Good health by occupying pleasant, stimulating environments that support well-being
- Contributing to the wellness of your personal and greater physical environment
- Advocating for sustainable change, contributing to the health of the planet, and living a “green” lifestyle
Achieving Environmental Wellness

Environmental wellness involves a number of different aspects of personal and societal responsibilities, including:

- Being aware of the earth’s natural resources and their respective limits
- Living a life accountable to environmental needs, both in the present and in the long-term
- Realizing the effects of their daily habits on the world around them

An environmentally well person will also recognize the need to keep a healthy personal environment. A healthy personal environment includes:

- Keeping the company of healthy people
- An enjoyment of available recreational opportunities
- Engaging in environmentally responsible activities
- Maximizing personal harmony with the earth, while minimizing harm to it
Are you engaged in the process of environmental wellness?

Evaluate your own emotional wellness with this brief quiz.

- Do I recycle?
- If I see a safety hazard, do I take the steps to fix the problem?
- Do I volunteer time to worthy causes?
- Am I aware of my surroundings at all times?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your environmental wellness.
What will your path toward environmental wellness look like...
Financial

- Satisfaction with current and future financial situations

- Adopting smart fiscal management practices and being prepared for all possible expenses: short-term, long-term, and emergency
Are you engaged in the process of financial wellness?

- Have you set and identified financial goals?
- Do you know your income?
- Do you know your expenses?
- Do I have a financial plan or budget?
- Do you reevaluate and update your plan regularly?
Intellectual

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

- Openness to new ideas, a capacity to question and think critically, and the motivation to master new skills
Traveling a wellness path allows you to explore issues related to problem solving, creativity, and learning as well as spending more time pursuing personal interests, including 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.

Intellectually well people are also curious and interested in the communities as well as the world around them.
Are you engaged in the process of intellectual wellness?

Evaluate your own intellectual wellness with this brief quiz

- Am I open to new ideas?
- Do I seek personal growth by learning new skills?
- Do I search for lifelong learning opportunities and stimulating mental activities?
- Do I look for ways to use creativity?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your intellectual wellness.
Occupational

- Personal satisfaction and enrichment from one’s work

- Gaining personal fulfillment from employment, maintaining a sense of balance, and utilizing talents
The Path to Occupational Wellness

The occupational dimension of wellness 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 are 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.
The Path to Occupational Wellness

Are you engaged in the process of Occupational Wellness?

- Do I enjoy going to work most days?
- Do I have a manageable workload at work?
- Do I feel that I can talk to my boss and co-workers with problems arise?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your occupational wellness.
Physical

- Recognizing the need for physical activity, healthy foods and sleep

- Eating well, exercising, avoiding harmful habits, recognizing the signs of disease, getting regular physical exams and taking steps to prevent injury
Reaching Physical Wellness

- Physical wellness involves aspects of life that are necessary to keep yourself in top condition. Optimal physical wellness is developed through the combination of beneficial physical activity/exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility.

- Physical wellness is also concerned with developing personal responsibility for your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical wellness empowers you to 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.
Are you engaged in the process of physical wellness?

Evaluate your own physical wellness with this brief quiz:

- Do I know important health numbers, like my cholesterol, weight, blood pressure, and blood sugar levels?
- Do I get annual physical exams?
- Do I avoid using tobacco products?
- Do I get sufficient amount of sleep?
- Do I have an established exercise routine?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your physical wellness.
Social

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

- Good communication skills, developing the capacity for intimacy, and cultivating a support network of caring friends and family
The Path to Social Wellness

If you are a person engaged in the process of social wellness, you see the value in living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy behaviors. You are also willing to actively seek out ways to preserve the beauty and balance of nature and the community.
Are you engaged in the process of social wellness?

Evaluate your own physical wellness with this brief quiz.

Do I plan time to be with my family and friends?
Do I enjoy the time I spend with others?
Are my relationships with others positive and rewarding?
Do I explore diversity by interacting with people of other cultures, backgrounds, and beliefs?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your physical wellness.
Spiritual

- Expanding our sense of purpose and meaning in life

- Possessing a set of guiding beliefs, principles, and values that give meaning and purpose to life
Reaching Spiritual Wellness

- It is important for everyone to explore what they believe is their own sense of meaning and purpose.

- The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Yoga and meditation can also help you develop spiritual wellness.

- Having compassion, the capacity for love and forgiveness, altruism, joy, and fulfillment help you enjoy your spiritual health. Your religious faith, values, beliefs, principles, and morals define your spirituality.

- If you are a person engaged in the process of spiritual wellness, you are willing and able to transcend yourself in order to question the meaning and purpose in your life and the lives of others. In addition, you seek to find harmony between that which lies within and the social and physical forces that come from outside.
Are you engaged in the process of spiritual wellness?

Evaluate your own spiritual wellness with this brief quiz.

- Do I make time for relaxation in my day?
- Do I make time for meditation and/or prayer?
- Do my values guide my decisions and actions?
- Am I accepting of the views of others?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your spiritual wellness.
Reflect on your own wellness
Activity Instructions

Take some time to reflect. Color in your wheel relative to where you are today.

Next, make a personal statement of your desire to strengthen and/or balance each of your eight dimensions of wellness.
Reflection-
• Which section of your wheel has the most color?
• Which section of your wheel has the least color?
• If this is not the first time you have done this, how has your wheel changed? What do you attribute the changes?
Goal-setting

- As a result of doing this assessment, I can improve my life balance by...

- My first step will be...

- I will share my plans with_________ and will ask for their support by saying “____________”.

- I will review my progress on________
  date
RESOURCES

EMOTIONAL:
www.samhsa.gov/wellness
www.fsa.cc.org/suicideprevention-services/
www.goaskalice.columbia.edu/
www.greatergood.berkeley.edu
marc.ucla.edu
www.tut.com – daily “notes from the universe"
Take a Break – guided medication app
iMoodJournal – mood tracking app
Headspace – mindfulness app

ENVIRONMENTAL:
www.sustainablesantacruz.org/activist

INTELLECTUAL::
www.webcrosswords.com
Lumosity – brain exercise app

OCCUPATIONAL & FINANCIAL:
www.suzeorman.com
www.moneymarket.com
RESOURCES (continued)

PHYSICAL:
www.myfitnesspal.com
www.sleepfoundation.org
www.webmd.com
My Daily Plate – nutrition app based on choosemyplate.gov
Lose It – weight loss app
Map My Run/Walk/Ride – fitness app
Office Fitness – stretching and exercise app
NHS Choices Couch to 5K – running podcast for beginners
Fitness behavior podcast

SOCIAL:
www.bacchusnetwork.org
www.makeadifference.com
www.scvolunteercenter.com
www.thefoodbank.org
www.diversitycenter.org

SPIRITUAL:
www.belief.net
www.servicegrowth.net