

Dimensions of Wellness

☛ **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.

☛ **Spirit**

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?
- Keep a journal.
- Pray.
- Set aside time for reflection.
- Listen to music that moves you.
- Read books that foster personal growth and enlightenment.
- Seek out a faith community to join.
- Focus on your breath/meditate.
- Do yoga.
- Visualize.
- Spend time with people or in places that inspire you.

Adapted from: Bill Hettler's *Six Dimensions of Wellness* accessed from <http://www.hettler.com>;

Tubesing, D. A. & Tubesing, N. L. (1991). *Seeking your healthy balance: A do-it-yourself guide to whole person wellbeing*. Ann Arbor, MI: Whole Person Press.