



Wellness and You: Living a Balanced Life

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Objectives


- Understand the concept of wellness and its benefits to your life
- Understand the connection between wellness and a balanced life
- Evaluate the balance in your life
- Learn ways in which to increase the balance in your life
- Create a wellness action plan



Wellness - Definition

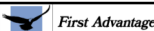
An active, lifelong *process* of becoming *aware* of *choices* and making decisions toward a more *balanced* and fulfilling *life*.

-Arizona State University Board of Regents




Wellness Definition – cont.

- *Process* – throughout our lives, improvement is always possible
- *Awareness* – seeking more information about how we can improve
- *Choice* – selecting options that are in our best interests
- *Balanced life* (Interaction of body, mind, spirit) – everything we do, think, feel, and believe impacts our state of health



Wellness Principles

- Holistic – Health and well-being are the outcome of the interaction between the dimensions of wellness
- Balanced – Giving attention to each dimension leads to greater happiness and fullness of life
- Self-Responsibility – The assumption of responsibility for your own health and happiness; the increase of awareness of the causes and consequences of your behavior
- Positive and Proactive – Maintenance of a strong sense of purpose, a positive perspective, and positive values by which to live

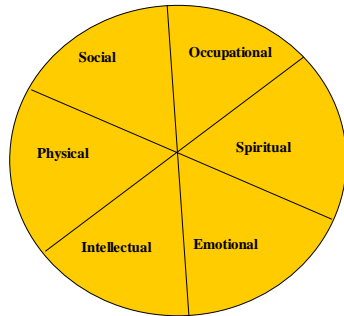


Benefits of Wellness

- People with healthy lifestyles live an average of 6 to 9 years longer, postpone disability by 9 years and compress disability into fewer years at the end of life.

-Journal of the American Medical Association,
New England Journal of Medicine

Dimensions of Wellness



Social Wellness

- Interdependence with others and nature; the degree of connectedness you have with individuals, your community and nature

Tips - Social Wellness

- Connect with a friend/loved one every day.
- Make time for one social activity each week.
- Practice active listening and assertive communication.
- Join a volunteer group, church group or community organization.
- Choose to socialize with positive people.

Occupational Wellness (Financial/Career)

- Work in which you gain personal satisfaction and find enrichment in life; the contribution of your unique gifts, skills and talents to work in ways that are personally meaningful and rewarding.

Tips – Occupational (Financial/Career) Wellness

- Choose a career that is consistent with your values, interests, and beliefs
- Work all the time you work – improve time management, organizational skills
- Do the hard things first each morning and after lunch.
- Take five minute mini-breaks and time for lunch. Take vacation time.
- Set boundaries between work and home.

Tips – Occupational (Financial/Career) Wellness

- Set, and write down, financial goals.
- Do an honest, written, inventory of income, expenses, and debt.
- Reduce spending and reduce debt.
- Pay yourself first – save 10% of income.
- Donate 10% of income.

Spiritual Wellness



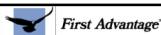
- The search for meaning and purpose in the human existence; a process whereby your actions become more consistent with your beliefs and values – resulting in a world view or “big picture” of life

Tips – Spiritual Wellness



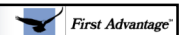
- Know what you believe – identify your beliefs, values, commitments
- Walk your talk – work toward living according to your belief system
- Meditate, pray, or practice quiet reflection every day
- Grow in your beliefs through reading, participation in religious/community service groups

Physical Wellness



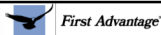
- Regular physical activity combined with healthy eating habits and avoidance of harmful substances; taking responsibility for medical self-care and preventative tests/exams

Tips – Physical Wellness



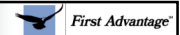
- Exercise – 20-30 minutes a day
- Eat a balanced diet and drink water.
- Cut down on junk food.
- Practice prevention – get regular medical checkups, do self exams
- Avoid risky behavior – stop smoking, drinking to excess; wear seatbelts, reduce speeding

Intellectual Wellness



- Ongoing expansion of knowledge and skills through creative, stimulating mental activities; continual development of intellectual curiosity through reading, problem solving, and learning new skills

Tips – Intellectual Wellness



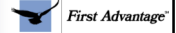
- Cut your television viewing in half; watch learning programs.
- Take a seminar or class on a regular basis.
- Learn a new hobby.
- Read more.
- Do word or math puzzles, or play stimulating games, e.g. bridge.
- Play, or learn to play, a musical instrument.

Emotional Wellness



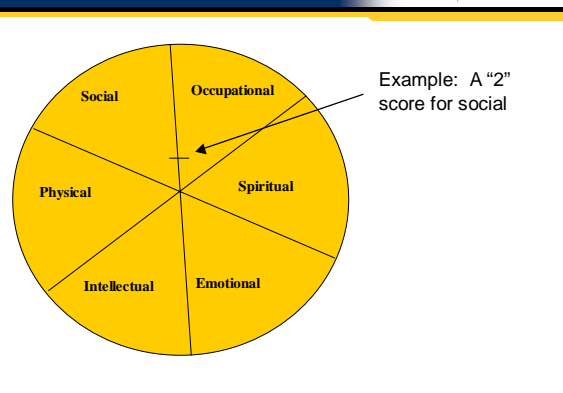
- The ability to feel and express the entire range of human emotions and to control them; the capacity to manage your feelings and related behaviors, to assess your limitations, develop autonomy, and to cope effectively with stress

Tips – Emotional Wellness



- Practice unconditional acceptance for yourself and others.
- Laugh or smile 25 times a day.
- Identify the stressors in your life and learn new strategies to cope with them.
- Take 15 minutes every day to renew, recharge and de-stress.
- Learn to see problems as opportunities for growth.

Wheel of Life Exercise

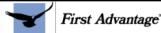


Wellness Action Plan



- Make goals SMART:
 - S – Specific
 - M – Measurable
 - A – Attainable
 - R – Realistic
 - T – Tangible with a target date

SMART Goals Exercise




- I will reduce unnecessary expenses.
- I will reduce my personal monthly long distance telephone costs to \$45 by June 30, 2005.
- I will spend more time with friends.
- I will learn Spanish.
- I will lose weight and get in shape.


Wellness Action Plan



- Referencing your wheel of life, list five goals and rank them according to their priority.
- Select one goal and make sure that it is SMART.
- List the benefits of attaining this goal.
- List the action steps you need to take to get from where you are now to the goal you have set.
- Schedule those steps in your daily calendar.

Wellness Action Plan – cont.  First Advantage®

- List enjoyable activities you can reward yourself with upon reaching your goal.
- Implement your action steps and record your progress.

Wellness Action Plan – cont.  First Advantage®

- Repeat this process every month with a new goal.
- Check your progress with your Wheel of Life.
- Annually review your Wheel of Life to check for balance and to make new goals as needed.

Additional Resources  First Advantage®

- “The Wellness Workbook: How To Achieve Enduring Health and Vitality”, John W. Travis, Regina Sara Ryan.
- “Simply Well: Choices for a Healthy Life”, John W. Travis.
- “What Color is Your Parachute?”, Richard Nelson Bolles.
- “The Courage to Be Rich”, Suze Orman.
- “The Seven Habits of Highly Effective People”, Stephen R. Covey.
- “Feeling Good: the New Mood Therapy”, David D. Burns, MD.
- “The Road Less Traveled,” M. Scott Peck, MD.

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