



## **7 Dimensions of Wellness**

### **1. Emotional/ Spiritual Wellness**

Having a complete understanding of oneself and developing an effective ability to cope with the challenges life can bring in a healthy and productive way. It also describes the ability to establish peace and harmony in our lives, including the establishment of congruence between our values and our actions and realizing there is a common purpose that binds us all together.

**Wellness Activities include but not limited to the following:**

1. Participate in a weekly Bible study group
2. Participate in meditation/quiet time activities.
3. Attend a yoga class
4. Meet with a mental health counselor
5. Get a massage
6. Participate in a WRMC Wellness Challenge

### **2. Physical Wellness**

An understanding of our current individual health status and opportunities to improving that health status through methodical, incremental personal steps, that allows continual growth and improvement. It also includes taking advantage of resources and support to develop healthy physical habits that foster wellness and endurance stamina, and an ability to maintain a healthy quality of life as well as understanding the effects of unhealthy physical behaviors.

**Wellness Activities include but not limited to the following:**

1. Participate in an organized community event
2. Participate in a sports related activity
3. Participate in a fitness class
4. Participate in a smoking cessation or weight loss program
5. Participate in a WRMC Wellness Challenge

### **3. Occupational Wellness**

An understanding of our occupational purpose in life and striving to find and work in a career that provides personal fulfillment. It also includes matching our daily work with an organization's mission and values to deepen the sense of personal commitment and satisfaction from our careers.

**Wellness Activities include but not limited to the following:**

1. Complete Continuing Education requirements
2. Volunteer for work-related activities
3. Organize work related health and wellness activities

### **4. Social/ Environmental Wellness**

The ability to understand and accept our place in the world in 2 ways - how we interact with others and how we interact with our planet. 1) Connecting with other people in our world to foster and encourage diversity of thought, belief, understanding and support. 2) Accepting our responsibility to be good stewards of our natural resources and commit to leaving the world better than we found it.

**Wellness Activities include but not limited to the following:**

1. Volunteer in the community
2. Recycle on a consistent basis
3. Ride your bike or carpool to work
4. Take part in an organized club. Examples: movie, book, social activity

### **5. Intellectual Wellness**

Practicing lifelong learning and an understanding of the importance of continuous intellectual stimulation as a mechanism to foster overall health. It includes maintaining an open mind to new ideas and experiences, willingness to learn new concepts, improve skills and seek challenges that support our commitment to lifelong learning.

**Wellness Activities include but not limited to the following:**

1. Attend a class
2. Take an online course
3. Attend a lecture
4. Participate in a book club

## **6. Nutritional Wellness**

Both a conscious awareness of the physical effects of our bodies and the emotional effects on our psyche of the things we consume, as well as an understanding of how we can purchase, prepare and consume nutrition in a manner that best meets our positive and healthy lifestyle goals. It also includes an understanding of how food holistically affects us both positively and negatively.

**Wellness Activities include but not limited to the following:**

1. Meet with a dietitian
2. Attend a Nutrition class
3. Keep a food journal
4. Attend a cooking class
5. Participate in a WRMC Wellness Challenge

## **6. Financial Wellness**

The ability to effectively manage our financial resources, know how to live within our means, effectively manage our debt, be able to support those causes that reflect our personal values, and proactively plan for and implement a financially viable retirement plan.

**Wellness Activities include but not limited to the following:**

1. Meet with a financial advisor or planner
2. Join a savings club
3. Participate in a credit counseling service
4. Attend a lecture related to financial planning

Documentation needs to be sent to [mosborn@wregional.com](mailto:mosborn@wregional.com)

As soon as I receive your documentation, I will mark you complete for your wellness activity requirement.

If you have questions, feel free to contact me.

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