THE SEVEN DIMENSIONS OF WELLNESS

10th grade health class

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WHY IS WELLNESS IMPORTANT?

- IT IS HOW YOU/YOUR BODY REACT TO EVERYDAY LIFE!
Wellness is a positive approach to living
the dynamic process of becoming aware of, taking responsibility for, and making choices that directly contribute to one's well being and that of the common good.
The state or condition of being in good physical and mental health: "stress affects every aspect of wellness".

http://definitionofwellness.com/what-is-wellness.html
http://wellness.med.miami.edu/x80.xml
Knowing wellness will...

- Help reduce stressors.
- Reduce health risks.
- Improve self esteem.
- Improve communication skills.
Knowing wellness will (cont’d)

- Help you enjoy everyday life.
- Become more aware of your surroundings.
- More self-worthiness.
- Live life to the fullest!
The seven dimensions of wellness are:

- Physical
- Intellectual
- Occupational
- Environmental
- Spiritual
- Emotional
- Social/Cultural
Physical wellness is a process of adopting knowledge, skills and values that enhance health.

- Encourages regular physical activity.
- Also, to take care of your body when it is needed.
- This involves taking care of injuries, and illnesses.

http://definitionofwellness.com/dimensions-of-wellness/physical-wellness.html
http://www.sandiego.edu/wellness/faculty_staff/wellness/physical.php
Physical wellness (Cont’d)

- You will be able to monitor your own vital signs and understand your body’s warning signs.
- Physical wellness leads to better self esteem, sense of direction and self control.

[http://definitionofwellness.com/dimensions-of-wellness/physical-wellness.html](http://definitionofwellness.com/dimensions-of-wellness/physical-wellness.html)
INTELLECTUAL WELLNESS

- involves valuing education and engaging in lifelong learning.
- engaging in creative and stimulating mental activities to expand knowledge and skills.
- engaged in the exploration of new ideas and understandings.
- YOU LOVE TO LEARN!

http://www.sandiego.edu/wellness/faculty_staff/wellness/intellectual.php
http://wellness.ucr.edu/intellectual_wellness.html
Occupational wellness

- ability to achieve a balance between work and leisure time
- addressing workplace stress and building relationships with co-workers.
- enhanced by lifework that is congruent with one’s values, beliefs, and goals.
- demonstrates a strong work ethic.

http://wellness.ucr.edu/occupational_wellness.html
http://www.sandiego.edu/wellness/faculty_staff/wellness/occupational.php
values professional development.

do what we love and love what we do.

Working somewhere you enjoy will deepen your sense of meaning and purpose.

http://www.sandiego.edu/wellness/faculty_staff/wellness/occupational.php
http://wellness.ucr.edu/occupational_wellness.html
Environmental wellness

- learning about and contributing to the health of the planet through active duties.
- sustainable lifestyle
- protecting natural resources
- eliminating pollutants and excessive waste.
- respect and awareness of the surroundings.
- Love the Earth!

http://www.sandiego.edu/wellness/faculty_staff/wellness/environmental.php
SPIRITUAL WELLNESS

- personal matter involving values and beliefs that provide a purpose in our lives.

- ability to find peace.

- search for meaning and purpose in human existence.

- involves self-evaluation of personal beliefs

- respect and appreciation for differing values and beliefs.

http://www.sandiego.edu/wellness/faculty_staff/wellness/spiritual.php
http://wellness.ucr.edu/spiritual_wellness.html
http://www.howardcc.edu/students/wellness_center/spiritual.html
EMOTIONAL WELLNESS

- the ability to be aware of and accept a range of feelings.

- capacity to manage emotions.

- foundation to establish a sense of self-worth.

- Be aware of and accept our feelings, rather than deny them.

- Have an optimistic approach to live.

http://wellness.ucr.edu/emotional_wellness.html
http://www.sandiego.edu/wellness/faculty_staff/wellness/emotional.php
EMOTIONAL WELLNESS (CONT’D)

- Express feelings freely and manage feelings effectively.
- Express emotions appropriately.
- Adjust to change.
- Cope with stress in a healthy way.
- Enjoy life despite its occasional disappointments and frustrations.
- ACCEPT MISTAKES AND LEARN FROM THEM!

http://wellness.ucr.edu/emotional_wellness.html
SOCIAL WELLNESS

- ability to interact with people around them.
- good communications skills.
- meaningful relationships.
- respecting yourself and others.

http://wellness.ucr.edu/social_wellness.html
CULTURAL WELLNESS

- being aware of one's own cultural background, as well as other cultural backgrounds.

http://www.csuchico.edu/wellness/whatis/cultural.shtml
YOU ARE ABLE TO:

- Interact well with people of both genders.
- Different backgrounds.
- Lifestyles.
- Abilities.
- Ethnicities.
- Ages.

http://www.csuchico.edu/wellness/whatis/cultural.shtml
Exercise and nutrition.

Relaxation and mediation.

Better relationships with others.
Exercising will make us feel good, and help you to stay on track with self-discipline.

Eating healthy will allow us to feel more energetic, and will improve our immune system.

Relaxing throughout the day, will reduce stress levels.
Lastly...

- Mediating will allow you to get away from the stressors and will help with emotional wellness.

- Building your relationships with others will help your self worth.

- This will help bring mutual trust, and support to and from others.

http://www.lanieradultmedicine.com/why-wellness-is-important