

# Wellness



## In Eight Dimensions

[www.cspnj.org](http://www.cspnj.org)  
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## Wellness

**Wellness** involves being aware of ourselves as whole people, including a sense of balance and contentment. It is the feeling that things are going well for us today, and can continue to go well for us tomorrow. It is the belief that we have meaningful *relationships* and a *sense of meaning and purpose*. Although we may have setbacks, or experience stress, we are resilient and we have strength, material resources, and the support of others to survive and thrive. At the Institute, we believe that helping people improve their personal wellness, as they define it, is critical.

Wellness incorporates all of the eight dimensions shown on the cover and back of this booklet. Each dimension of wellness can affect our overall quality of life, because wellness directly relates to how long we live (longevity) and how well we live (quality of life).

We find wellness in the *valued roles* that we choose, such as friend, worker, volunteer, student, colleague, parent, spouse, and community member. These roles provide an identity, drive our daily activities, and ignite our passions.

The eight-dimension model illustrates the idea that all eight dimensions are inter-connected. We all know how much they connect in our lives. When we feel financially stressed (e.g., increasing debt), we experience emotional stress (anxiety), sometimes leading to physical problems (illness), less effectiveness at work (occupational), and maybe even questioning our own meaning and purpose in life (spiritual). When we are not working (occupational), we lose some of our opportunities to interact with others (social), cannot get the quality foods and medical care we need to stay well (physical), and may need to move to a place that feels less safe and secure (environmental).

Stress, addiction, trauma, disappointment, and loss can impact our wellness and the *balance* in our lives. Wellness requires that we balance work with play and rest, balance time out for recuperation and recovery with living our lives fully and productively, and balance the desire for rapid change with the known effectiveness of slow changes to build good habits.

Habits are key for wellness. Our habits affect what we do, how we feel, how we work, how we fuel our minds and bodies, and how we spend or save money. Habits become ingrained. Some habits (excessive alcohol, harmful drugs or chemicals, consumption of energy drinks, sugar and fat laden foods) can have immediate or long term negative effects on physical, mental, and social well-being. We have to work consciously to maintain or establish good habits that contribute to our wellness, our valued roles, and our personal goals.

Wellness involves a sense of *empowerment*. Each day we wake up we can make choices. Empowerment goes hand-in-hand with taking *personal responsibility for our day to day choices and our lives*. Wellness and balance are defined by you, based on what you think is important and needed, as well as on your personal goals and values.

We hope this guide will help you think about your own wellness – what you already do now (your daily routines, habits, and valued life roles and activities), what else you can do or can learn to do, and what type of supports you need to focus on your wellness and balance.

Many people find helpful is to look at their own wellness in each of the eight dimensions. This wellness booklet can offer some insights to determine things you are doing well and things you may want to start or stop doing. For each of the eight dimensions that follow, record your strengths and your thoughts about areas you may want to change or improve. Think about the actions you want to take and the supports that will help you take those actions. You can use our **“Wellness Daily Plan,”** found at the end of this booklet, to track your daily actions for improved wellness. If you need inspiration, the Plan also provides ideas for wellness activities in each domain.

Although this booklet is designed to use by yourself, we hope you will consider sharing with co-workers, family, friends, or support group members, so you can review, plan, and grow together. We wish you a successful wellness journey!

Selected items in this booklet were inspired by or adapted from [www.definitionofwellness.com](http://www.definitionofwellness.com)

**Wellness** is not the absence of disease, illness, and stress but the **presence<sup>1</sup>** of:

- Purpose in life
- Active involvement in satisfying work and play
- Joyful relationships
- A healthy body and living environment
- Happiness

**Wellness** is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle.<sup>2</sup>



A **wellness lifestyle** includes a *self-defined balance* of health habits such as sleep and rest, eating well, productivity, participation in meaningful activity, and contact with supporters.<sup>3</sup>

Wellness is multi-dimensional: physical, spiritual, social, emotional, intellectual, occupational, environmental, and financial.

<sup>1</sup> Dunn, H. L. (1961). *High-level wellness*. Arlington, VA: Beatty Press.

<sup>2</sup> Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311- 314.

<sup>3</sup> Swarbrick, M. (March 1997). A wellness model for clients. *Mental Health Special Interest Section Quarterly*, 20, 1-4.

**Physical Wellness** involves the maintenance of a healthy body, good physical health habits, good nutrition and exercise, and obtaining appropriate health care.

**Strengths**

These are the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my physical wellness:

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**Physical Wellness Self-Assessment**

Check (✓) the items that you do often or always.

- I exercise aerobically (vigorous, continuous exercise) for 20 to 30 minutes at least three times per week.
- I eat fresh fruits, vegetables, and whole grains each day.
- I avoid tobacco products.
- I wear a seat belt while riding in or driving a car.
- I avoid drinking caffeinated and sugary beverages.
- I get an adequate amount of sleep (7-9 hours/night).
- I keep up with my annual physical, dental checkups, immunizations, and self-exams.
- I maintain a reasonable weight for my age and height.
- I brush my teeth at least twice daily, and floss at least once daily.
- I use stress management techniques that help me to stay calm and relaxed.

**Physical Wellness- things I would like to do**

**Physical Wellness- supports I can use to make changes**

**Intellectual Wellness** involves lifelong learning, application of knowledge learned, and sharing knowledge.

**Strengths**

These are the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my intellectual wellness:

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**Intellectual Wellness Self-Assessment**

Check (✓) the items that you do often or always.

- I make an effort to learn new things.
- I try to keep on top of current affairs—locally, nationally, and internationally.
- I listen to lectures, plays, and musical performances—in person or online.
- I do creative and stimulating mental activities/games.
- I read daily, whether that be the newspaper, the internet, magazines, or books from my local bookstore or library.
- I practice something every week to improve my skills and use my gifts, like crafts, cooking, music, or sports.
- I try to see more than one side of an issue, especially for things that are controversial.
- I engage in intellectual discussions.
- I look up things that I don't know.
- I ask questions to learn from others.

**Intellectual Wellness- things I would like to do**

**Intellectual Wellness- supports I can use to make changes**

**Environmental Wellness** involves being and feeling physically safe, in safe and clean surroundings, and being able to access clean air, food, and water. Includes both our micro-environment (the places where we live, learn, work, etc.) and our macro-environment (our communities, country, and whole planet).

### **Strengths**

These are the things I **do** well – daily routines, habits, and valued life activities that build and maintain my environmental wellness:

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### **Environmental Wellness Self-Assessment**

Check (✓) the items that you do often or always.

- I regularly clean my living and work environment.
- I make use of natural light, fresh air, and live plants.
- I discard garbage regularly, clean spoiled foods out of the refrigerator, and stay on top of any pet odors.
- I tidy my home and work spaces in order to prevent clutter and stay organized.
- I conserve energy (fuel, electricity, water, etc.) in my home, my car, and elsewhere.
- I recycle (glass, paper, plastic, etc.).
- I do not litter.
- I purchase recycled items when possible.
- I set aside time to enjoy nature.
- I set aside time to reflect and/or practice mindfulness.

**Environmental Wellness- things I would like to do**

**Environmental Wellness- supports I can use to make changes**

**Spiritual Wellness** involves having meaning and purpose and a sense of balance and peace.

**Strengths**

These are the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my spiritual wellness:

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**Spiritual Wellness Self-Assessment**

Check (✓) the items that you do often or always.

- \_\_\_ I can name my own personal values and describe my beliefs about life.
- \_\_\_ I make conscious choices about my daily actions based on my personal values.
- \_\_\_ When I get depressed or frustrated, I draw on my beliefs and values to give me direction.
- \_\_\_ I use prayer, meditation, and/or quiet personal reflection regularly in my life.
- \_\_\_ Life is meaningful for me, and I feel a purpose in life.
- \_\_\_ I try to learn about others' beliefs and values, especially those that different from my own.
- \_\_\_ I have a strong sense of optimism and faith in the future.
- \_\_\_ I use my thoughts and attitudes in life-affirming ways.
- \_\_\_ I appreciate the natural forces that exist in the universe.
- \_\_\_ I feel gratitude for the good things in my life.

**Spiritual Wellness- things I would like to do**

**Spiritual Wellness- supports I can use to make changes**

**Social Wellness** involves having relationships with friends, family, and the community, and having an interest in and concern for the needs of others and humankind.

**Strengths**

These are the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my social wellness:

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**Social Wellness Self-Assessment**

Check (✓) the items that you do often or always.

- I have a network of friends and/or family.
- I contribute time and/or money to social and community projects or causes.
- I regularly spend time with people I like.
- I balance my own needs with the needs of others.
- I am a compassionate person and try to help others when I can.
- I have a sense of belonging within my community.
- I feel comfortable meeting new people.
- I can give and receive compliments graciously.
- I communicate with and get along with a wide variety of people.
- I am interested in others, including those with backgrounds that are different from my own.

**Social Wellness- things I would like to do**

**Social Wellness- supports I can use to make changes**

**Emotional Wellness** involves the ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences.

**Strengths**

These are the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my emotional wellness:

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**Emotional Wellness Self-Assessment**

Check (✓) the items that you do often or always.

- I accept responsibility for my actions.
- I see challenges and change as opportunities for growth.
- I believe that I have considerable control over my life.
- I am able to laugh at life and myself.
- I feel good about myself.
- I am able to appropriately cope with stress and tension.
- I make time for leisure pursuits.
- I am able to recognize my personal shortcomings and learn from my mistakes.
- I am able to recognize and express my feelings.
- I enjoy each day.

**Emotional Wellness- things I would like to do**

**Emotional Wellness- supports I can use to make changes**

**Financial Wellness** involves the ability to have financial resources to meet practical needs, and a sense of control and knowledge about personal finances.

**Strengths**

These are the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my financial wellness:

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**Financial Wellness Self-Assessment**

Check (✓) the items that you do often or always.

- I have a good handle on my financial status.
- I have money on hand to meet my current expenses.
- I understand the issues of balancing my wants and needs, and balancing saving and spending.
- I balance my checkbook and audit my credit card statements.
- I have funds or available credit (\$100-\$1000) to deal with moderate unexpected life expenses—a needed car repair, broken glasses, or a sudden trip to see a sick relative.
- I pay my bills and file my taxes on time, and rarely or never get over-limit fees, or overdue or bounced check notices.
- I check my credit reports at least once a year.
- My savings are on track with my life goals, such as home ownership, educating my children, or retirement.
- I have people I can turn to for good help with financial matters.

***Financial Wellness things I would like to do***

***Financial Wellness- supports I can use to make changes***

**Occupational Wellness** involves participating in activities that provide meaning and purpose, including employment.

**Strengths**

These are the things I **do** well – my daily routines, habits, and valued life activities that build and maintain my occupational wellness:

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**Occupational Wellness Self-Assessment –**

*Select and complete 1 of the 3 Self-Assessments, depending on whether you are currently employed, looking for work, or not working.*

***Use this list if you are Currently Employed***

**Check (✓) the items that you do often or always.**

- \_\_\_ I am happy with my career choice.
- \_\_\_ I am productive on most days at work.
- \_\_\_ I look forward to work.
- \_\_\_ My job responsibilities are consistent with my values.
- \_\_\_ The payoffs and advantages in my choice of career/field are consistent with my values.
- \_\_\_ I am happy with my balance of work and leisure time.
- \_\_\_ I am happy with the amount of control I have in my work.
- \_\_\_ My work gives me personal satisfaction and stimulation.
- \_\_\_ I am happy with the professional and personal growth that is provided by my job.
- \_\_\_ My job allows me to make good use of my talents.

**Use this list if you are Looking for Work (plan to enter or return to the workforce or to increase work hours)**

**Check (✓) the items that you do often or always.**

- I am actively pursuing work and/or training.
- I have considered my options regarding career change, getting additional education, self-employment, etc.
- I am pursuing an organized job search, keeping good records, and doing something towards my job search every day.
- I use online resources to look for work, update skills, and network with others regarding my job search.
- I assertively market myself through personal networking.
- I confidently describe my skills and strengths as a worker.
- I have reached out to former colleagues, teachers, and other resources associated with my field or professional group.
- I am aware of and use general community resources for people seeking work.
- While I am waiting to get a job, I use my time productively to maintain my skills, support my community, etc.
- I am hopeful in my job search.

**Use this list if you are Not Working due to retirement, being a full-time student, family caregiving responsibilities, or personal choice**

**Check (✓) the items that you do often or always.**

- I am happy with how I spend my time.
- I have plans for things that I want to do.
- I do things with other people often enough so that I don't feel isolated.
- I use my time in a way that gives me meaning and purpose.
- I make good use of my strengths and experiences in the things I am doing each week.
- My weekly activities are consistent with my values and interests.
- I control how I spend my time.
- I volunteer in the community, or have considered volunteering.
- I feel productive every week.
- I look forward to my daily and weekly activities.

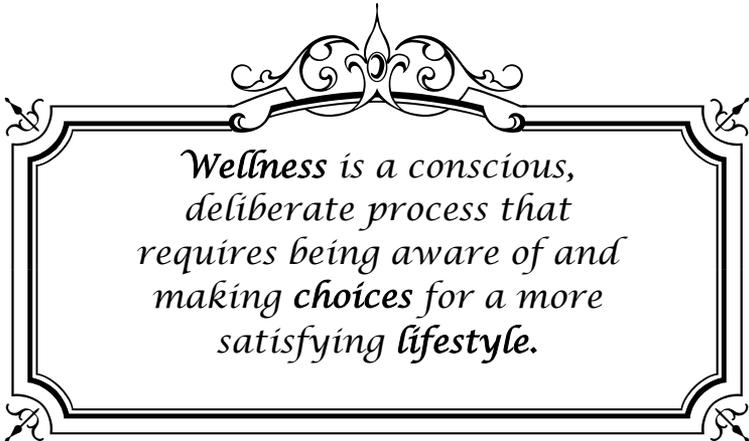
**Occupational Wellness- things I would like to do**

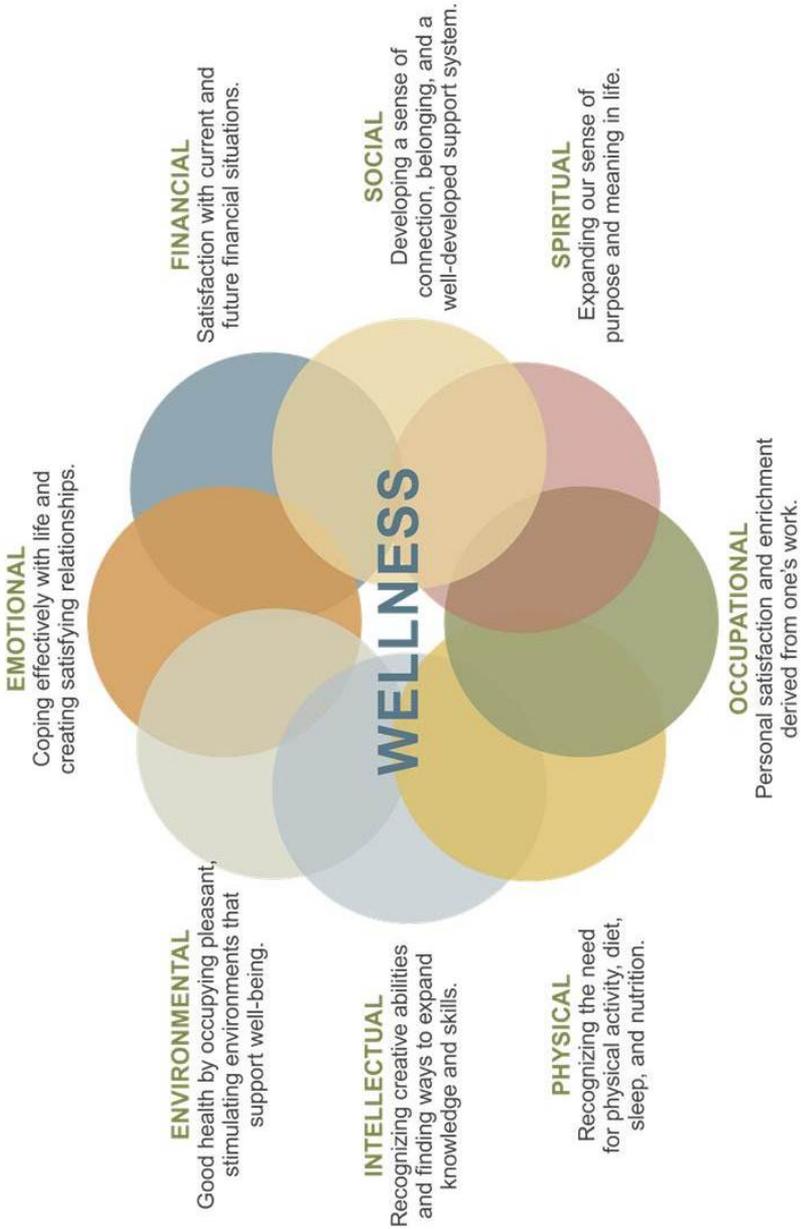
**Occupational Wellness- supports I can use to make changes**

## Wellness

*What we focus on expands. When the day seems rough, or if you feel stressed in the moment, remember the **Wellness Strengths** that you listed in this booklet.*

*If you want to make a change or improve any areas, remember to seek support from friends, family members, or colleagues.*





# **Wellness Daily Plan**

After working through the 8 Dimensions booklet, use this Plan to track your daily wellness activities.

# Wellness Daily Plan

*Daily activities can help you feel and be well.*

*List daily activities, habits and routines you can do each day,  
and then track your success.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Physical</b>							
<b>Emotional</b>							
<b>Financial</b>							

# Wellness Daily Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Social</b>							
<b>Spiritual</b>							
<b>Environmental</b>							
<b>Occupational</b>							
<b>Intellectual</b>							

# Wellness Daily Plan

## **Financial**

Financial activities are those tasks we do to assure we plan to meet basic needs, and help us feel as though we have control and knowledge over our financial situation. The following activities are often helpful:

- Set and follow a budget
- Balance your checkbook
- Track your spending

## **Social**

Social activities can help us become more connected with others and nature. This may include spending time with friends, family, pets, and the community.

- Join a club
- Attend a support group
- Go out with friends
- Spend time with family
- Volunteer at an animal shelter



## **Spiritual**

Spiritual activities are those done while involving one's beliefs and values that provide a feeling of meaning and purpose and help develop a sense of peace and balance in one's life. Examples of spiritual activities you may do to feel well include:

- Pray, meditate or spend time reflecting
- Spend time with nature
- Breathing exercises
- Attend church or become involved in a community
- Read inspirational books

## **Environmental**

Environmental activities are those activities that help our living, learning, and working spaces as well as our communities and other surrounding spaces feel safe, clean, comfortable, and welcoming. Examples of activities you may do to feel well include:

- Recycle
- Clean work or home space
- Avoid littering
- Use less energy when possible (e.g., turning off lights)
- Ride a bike instead of taking a car

# Wellness Daily Plan

## ***Intellectual***

Intellectual activities are activities that involve learning new knowledge, sharing knowledge, and applying knowledge.

Activities you might try include:

- Write
- Take a class
- Read a book
- Keep up with current affairs (e.g. watch news, read a newspaper or internet)
- Attend a play
- Learn about other cultures

## ***Occupational***

Occupational activities provide personal enrichment, satisfaction, and pleasure in life, and offer a sense of meaning and purpose.

Things you might do include:

- Work
- Volunteer
- Pursue hobbies



## ***Physical***

Physical activities are anything you do that gets you moving and increases your heart rate. Some activities many report helpful include:

- Take a walk in a park
- Go to a gym
- Practice yoga
- Garden
- Ride a bike
- Dance

## ***Emotional/Mental***

Emotional/mental activities are things you do to help recognize, express, and cope with feelings and emotions. Consider activities like:

- Journal
- Meditate
- Help others
- Watch a movie
- See a comedy
- Work on a hobby