



Wellness@WIC

❖ Winter 2013 ❖

The Six Dimensions of Wellness by the National Wellness Institute

Wellness is a lifelong journey. It is an active process of making choices and commitments within the six dimensions of wellness. In this first edition of *Wellness@WIC* you will be able to assess your satisfaction with each of these dimensions in your life.

EMOTIONAL: The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress.

PHYSICAL: The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption.

OCCUPATIONAL: The occupational dimension recognizes personal satisfaction and enrichment in one's life through work. At the center of occupational wellness is the premise that occupational development is related to one's attitude about one's work.

SPIRITUAL: The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

SOCIAL/FAMILY: The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.

INTELLECTUAL: The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

To learn more about The Six Dimensions of Wellness, please visit:

http://www.nationalwellness.org/?page=Six_Dimensions

KUDOS KORNER

Wednesday, March 6th is IBCLC Day!

The following individuals are International Board Certified Lactation Consultants:



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Wellness Activities

For the wellness activities listed below, see if you can determine the dimension of wellness this activity describes.

1. Pursuing college or continuing education.
2. Reads for fun and/or relaxation
3. Volunteers.
4. Keeps a list of financial goals.
5. Pursues on-the-job training.
6. Plays a musical instrument.
7. Uses allocated break time at work.
8. Gets enough sleep.
9. Smiles and laughs a lot.
10. Makes time for play.
11. Reads inspirational literature.

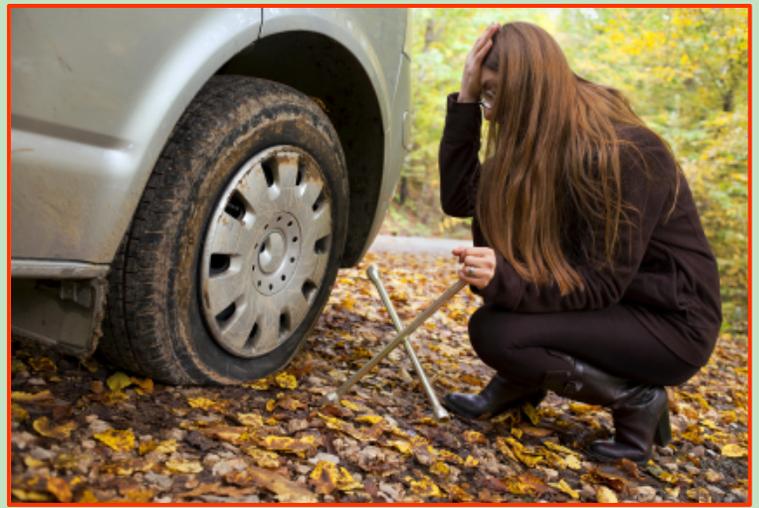
It is not critical that you be able to identify which activities fit each dimension. It is helpful, however, to have a balance of each of the six dimensions in your life.



We're all in this together!

To learn more about your team, consider using the icebreaker (located on our *Wellness@WIC* webpage) at your next all staff meeting:

<http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/wellnessatwic.aspx>



Wellness Wheel Assessment

The wellness wheel below will help you assess the balance of the six dimensions in your life. Using a crayon, start at the center of the wheel and color the area that illustrates your satisfaction with each dimension. This will create a new outer edge.

How smoothly will your wheel roll?

To download a copy of the full version of this activity, please visit:

<http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Pages/wellnessatwic.aspx>

