



Well-Being: Health is multi-dimensional. A spirit of learning, and growing in each of these well-being dimensions is important if we are to feel fulfilled and whole as individuals and communities. Understanding the various aspects of well-being and how they fit together to create our lives is a key tool in discovering who we are and why we feel the way that we do.

Well-being dimension adapted from the 'The Six Dimensions of Wellness' by Bill Hettler, MD, Co-Founder, National Wellness Institute.

Having enough, being enough and freedom from worry. We



need enough money for food, rent or mortgage, health care, medical bills and basic expenses of daily living. Research shows that 'extras' don't really contribute to our well-being-

unless it is for fun activities and friends, or expenses that match our values and not necessarily more and bigger things.

Paralyzing fear or anxiety that we don't have or are not enough threatens our sense of safety. This affects our ability to be resilient - to bounce back physically, mentally, and emotionally during experiences of mild or extreme stress.

Be a self-care master. One of the most important things you



can do is to make wise decisions that keep you safe and healthy—helping you to maintain an independent, productive, and social life. **A physically**

healthy person strives to maintain their body in times of sickness and good health. Diet, exercise, sleep and stress have a profound effect on disease conditions and well-being. Physical health also includes; hygiene routines, use of tobacco, alcohol and other drugs, the use of personal protective gear, following safety guidelines, not taking unnecessary risks, and the wise use of healthcare resources— including regular checkups and recommended screenings.

Recognizing your own and others emotions and responding appropriately makes a difference.



It is the ability to cultivate positive thoughts, practice self-compassion, to learn to express (in a healthy way) your full range of

emotions and consciously choose your responses; including, engaging in support systems to help cope. **A strong sense of spirituality provides important benefits to health. It is linked with a sense of meaning and purpose** which helps guide life decisions, influences behavior, shapes goals, offers a sense of direction, and provides comfort during life's challenges.

Healthy relationships are vital to health. Strong family ties,



friendships, and partnerships can increase our sense of security, self-esteem, belonging and provide a buffer against stress, anxiety, and depression. **Our**

larger social and community networks also provide a sense of connection where people can share their interests and be advocates in their community, which also supports resilience.

Using available resources to **develop and create opportunities**



that contribute to your unique gifts, skills, and talents— contributes to meaning and purpose and helps you remain active and involved throughout life. In-

cluding, appreciation and acceptance of the process of change, growth and learning while seeking to improve. **A career which is consistent with your personal values, interests, beliefs and balances both work and play contributes greatly to all the dimensions of well-being.**

Being in nature not only **makes you feel better emotionally,**



it contributes to your physical wellbeing—it soothes, restores and connects. People who live near parks and natural areas are more physically active live longer

and these open spaces draw people together and can enhance social connections. Wellbeing also relies our **ability to be stewards of our natural environment—**aware of the earth's natural resources and their respective limits, accountable to environmental needs, both now and in the future.