

## THE WELLNESS WHEEL

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- Some people say that any day above ground is a good one and while that's true, it is also true that it is time to focus on what is “right” in your life as opposed to what is “wrong.”
- “You may have a fresh start at any moment you choose; this thing we call ‘failure’ is not the falling down, but the staying down.” —Mary Pickford
- Success is not getting back to normal. Success is accepting your “new normal.”
- You have been dealt a new hand of cards. How will you play them?

What does it mean to be healthy?



## EMOTIONAL WELLNESS

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- Aware and accepting of one's own feelings
- Positive and enthusiastic about life
- Able to manage feelings and behaviors
- Able to realistically assess one's own limitations
- Copes effectively with stress

### Tips for Emotional Wellness

- Keep track of your feelings through a journal, drawing, painting, music or other expression.
- Join a support group. The word support refers to anything in your life that gives you hope, help, trust or love. One major source of support is people.
- Share your feelings with people close to you.
- Seek individual counseling if you feel you need it.
- Practice the “prescription” for eliminating damaging thoughts and beliefs (handout).

## PRESCRIPTION: STOP DAMAGING BELIEFS AND THOUGHTS

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1. Examine the damaging belief (messages you send yourself daily that you would most like to change, e.g., feelings of being a victim, that you are defective, that you will never improve, etc.).
2. Say “STOP” (picture a stop sign).
3. Argue with the damaging belief that is causing you to feel powerless. Tell yourself you will deal with it later.
4. Change your self-talk. Tell yourself what is right and what you can do right today.

5. Replace your toxic thoughts with positive thoughts. Use affirmation: “Every day in every way I AM getting healthier and healthier.”
6. Picture the results you want to achieve as already accomplished.
7. Act as if the outcome you desire is a fact of life.
8. Persistently and intensely practice these strategies three times daily.

## INTELLECTUAL WELLNESS

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- Involved in creative, stimulating mental activities
- Expands knowledge and skills and shares them with others
- Finds creative solutions to personal situation
- Makes education and learning goals
- Able to adapt to change
- Able to access resources
- Changes in mental status and abilities or challenges

### Tips for Intellectual Wellness

- Read a book.
- Go to a town meeting.
- Subscribe to a new magazine.
- Join a bridge club.
- Work a puzzle.

## OCCUPATIONAL WELLNESS

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- Personal satisfaction and enrichment through work
- Positive attitude toward work
- Understanding and acceptance of limitations to working

### **Tips for Occupational Wellness**

- Assess your ability, desire and need to work.
- What would be your ideal job?
- Develop leadership skills by volunteering at a charitable organization.
- Have lunch with co-workers (past or present).
- Update your resume.
- Call a local college or community center for a class schedule.

## SPIRITUAL WELLNESS

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- Has a sense of one's own place in the universe
- Feels a connection to something larger than oneself
- Finds meaning in life and pursues wisdom
- Maintains a regular spiritual practice
- Keeps life in perspective

## Tips for Spiritual Wellness

- Be quiet. Take time for yourself every day, even if it's just before you go to sleep.
- Be open. Spiritual experiences can happen anywhere at any time.
- Practice being nonjudgmental and having an open mind.
- Be receptive to pain or times of sorrow. It is often in these times when we discover how spirituality can help us cope.
- Visit someone who is lonely.
- Practice forgiveness of others and of yourself.
- Pray, meditate or worship.
- Live joyfully.
- Allow yourself to believe in things that aren't easily explainable.

## SOCIAL WELLNESS

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- Caring and healthy relationships
- Social network (e.g., clubs and organizations)
- Level of interdependence (giving and receiving help)
- Positive interactions in the community
- Making wise choices in personal relationships

### Tips for Social Wellness

- Eat dinner as a family.
- Make a “date” with your partner.
- Telephone out-of-town relatives.
- Plan a vacation.
- Mow the neighbor’s lawn or bring them a treat or flowers for no reason other than being a neighbor.

## PHYSICAL WELLNESS

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- Recognizes need for regular physical activity
- Recognizes importance of diet and nutrition
- Personal responsibility for taking care of physical needs

### Tips for Physical Health

- Take active steps to prevent falls (see handout on Fall Prevention).
- Make a doctor’s appointment.
- Enjoy a vegetarian meal.
- Check your blood pressure.
- Take a walk, even if it is a short one.

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