

What is Wellness?

****Everyone has a personal definition of wellness.**

***Wellness encompasses a balance of the multidimensional journey that each of us takes at one time or another.**

****Each of our journeys is unique and different. We all strive to succeed as individuals who create our own paths in life.**

From the wellness resource manual developed by Gina Zippo, the members of the Freehold Self-help Center and staff from the Institute for Wellness and Recovery Initiatives (2010, pg. 3)

Emotional Wellness described as:

****ability to cope with events of life**

****positive self-esteem**

****awareness and acceptance of thoughts and feeling**

Consider how you would respond to the statements below:

- I am responsible for my own feelings
- I have the ability to express feelings
- I am able to develop/maintain close relationships
- I can accept responsibility for my actions
- I am in control of life and feel good about self

Environmental Wellness described as:

****awareness of surrounding environment and community**

****ability to live in harmony with environment**

Consider how you would respond to the statements below:

- I spend time giving to worthy causes
- I am socially responsible
- I avoid waste of natural resources
- I recognize ways to positively impact environment
- I practice environmentally conscious behaviors

Intellectual Wellness described as:

- **continual learning through analysis and synthesis,
- **creativity and curiosity
- **learn through formal and informal experiences

Consider how you would respond to the statements below:

- I am a lifelong learner
- I seek challenges and mentally stimulating activities
- I pursue self-development
- I enjoy a variety of reading
- I have the ability to see more than one side of an issue

Occupational Wellness described as:

- **work/life balance in a satisfying career,
- **talents
- **passion
- **core values match your career path

Consider how you would respond to the statements below:

- My work matches values and lifestyle
- My work benefits others
- I have a financial plan established and supported by career path
- I am satisfied with career path
- I am interested in and pursue ways to develop marketable skills

Physical Wellness described as:

- **ongoing movement toward enhancing level of health
- **avoiding harmful activities

Consider how you would respond to the statements below:

- I exercise 3-4 times per week
- My diet is balanced and nutritious
- I have coping mechanisms to deal with stress
- I am proactive about health
- I get adequate sleep

Social Wellness described as:

- **ability to communicate with and connect with others
- **supportive social network
- **meaningful relationships with family, friends, colleagues

Consider how you would respond to the statements below:

- I pursue direct and honest communication
- I am able to resolve conflict
- I am respectful to others
- I am part of a community of friends
- I am compassionate and willing to help others

Spiritual Wellness described as:

- **meaning and purpose in life

Consider how you would respond to the statements below:

- My life is purposeful
- My spiritual growth is defined and expanding
- I establish trust and am able to forgive
- My values and actions are consistently presented
- I am grateful and open to others' beliefs & values