



8 Dimensions of Wellness: All About You!

QUESTION

What does
“Health and Wellness”
mean to you?



The dictionary says it this way . . .

Health: the condition of being sound in body, mind, or spirit

Wellness: the quality or state of being in good health especially as an actively sought goal



Healthy IU says it this way . . .

healthy
IU

LIVE YOUR BEST YOU.



You Are Multi-Dimensional!

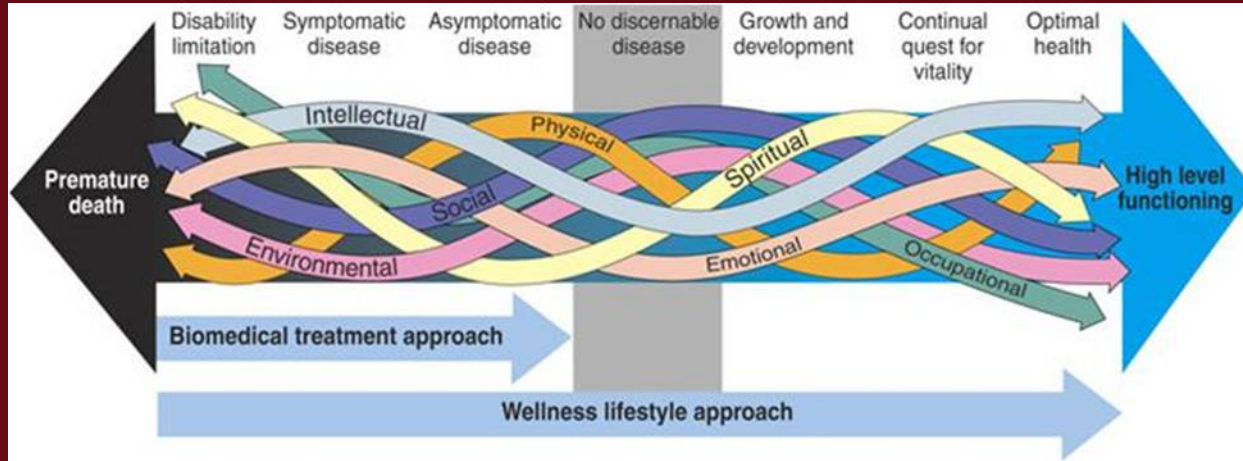


- **Physical**
- **Spiritual**
- **Environmental**
- **Emotional**
- **Intellectual**
- **Occupational**
- **Social**
- **Financial**

Source: SAMHSA's Wellness Initiative, 2011,
https://www.integration.samhsa.gov/pbhci-learning-community/SAMHSA%E2%80%99s_Wellness_Initiative_-_Final_Report_FY_2011.pdf



It's all connected . . .



*Fit & Well Core Concepts and Lab in Physical Fitness and Wellness, McGraw Hill, Higher Education.
Fahey/Insel/Roth*

Takeaways

 DIMENSIONS
OF WELLNESS



Recognize all the wonderful things you're already doing for your wellness!



Take YOUR next steps

- Celebrate
- Adjust
- Move forward from a place of strength

healthy
IU

LIVE YOUR BEST YOU.



Physical



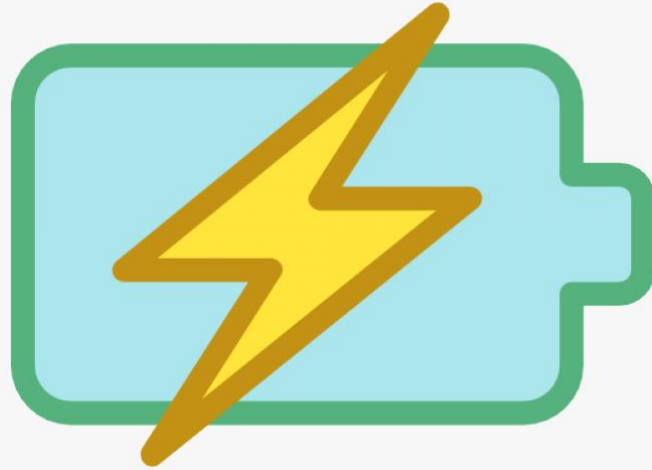
Recognizing the need for physical activity, sleep, and nutrition.

- How do I move my body every day?
- How do I make sure I get 7-9 hours of sleep each night?
- What foods do I eat that I love and that make me feel great?

Share in the chat: What is your favorite nutritious meal or snack?



Movement Break!



Intellectual



Recognizing creative abilities and finding ways to expand knowledge and skills.

- How do I satisfy my curiosity about the world around me?
- What are my strategies for managing my time?
- How do I respectfully and thoughtfully consider the opinions and information of others?



Environmental



Good health by occupying pleasant, stimulating environments that support well-being.

- How do I connect with and protect the natural environment?
- What makes my workspace pleasant and productive?
- How do I create a welcoming social environment at work and at home?

Share in the chat: How have you made your workspace work for you?



Financial



Satisfaction with current and future financial situations.

- How do I stay informed of my current financial status?
- What do I do to balance my financial needs and wants?
- How do I set financial goals for retirement, home ownership, educating my children, etc.?



Occupational



Personal satisfaction
and enrichment derived
from one's work.

- How do I seek ways to improve my knowledge and skills?
- In what ways do I contribute my unique talents and abilities to my work?
- How do I maintain a manageable work load?



Emotional



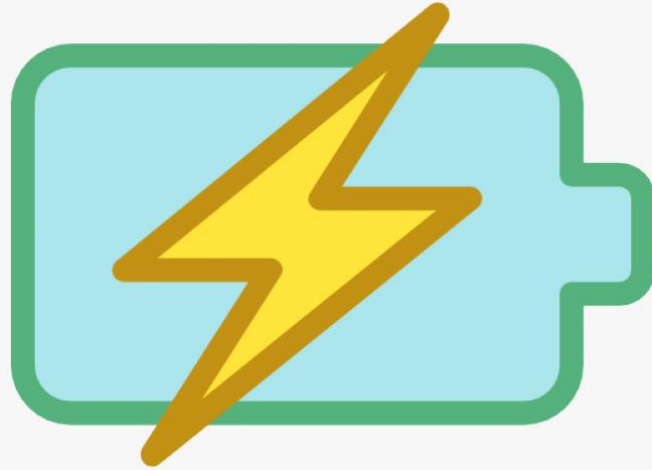
Coping effectively with life and creating satisfying relationships.

- What are my most constructive ways to handle stress?
- How do I adapt when changes come my way?
- How do I maintain my sense of humor about myself and life?

Share in the chat: What's your favorite pick-me-up song when you need a smile?



Mindfulness Break!



Social



Developing a sense of connection, belonging, and a well-developed support system.

- What do I do to be a good friend?
- How do I find opportunities to form new relationships?
- Which of my relationships do I feel safe enough so that I can be listened to, and I can also listen to understand?

Share in the chat: Who is the last person you called or texted?



Spiritual

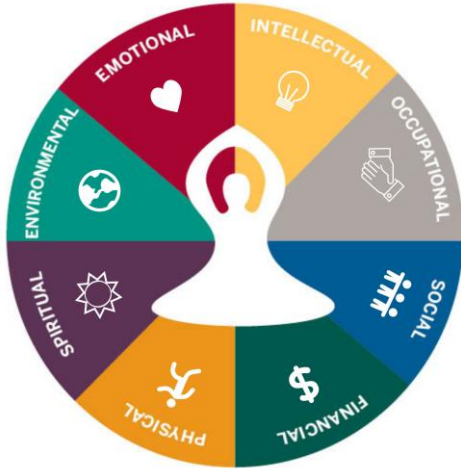


Expanding our sense of purpose and meaning in life.

- How do I explore who I am, my values, and my place in the world?
- How do I contribute to the greater good without expecting anything in return?
- Where do I find purpose and meaning?



DIMENSIONS OF WELLNESS



Questions? Thoughts?



Next Steps

- Celebrate
- Small adjustments if you want
- Move forward from a place of strength



FEEL SUPPORTED

- healthy.iu.edu
- **About Me:**
<https://healthy.iu.edu/doc/handouts-powerpoints/8-Dimensions-About-Me.pdf>
- **IU 8 Dimensions Resources:**
<https://healthy.iu.edu/doc/handouts-powerpoints/8-Dimensions-IU-Resources.pdf>

The screenshot shows the top navigation bar of the Healthy IU website, featuring the Indiana University Psi logo and the text "INDIANA UNIVERSITY" on the left, and a search icon on the right. Below the navigation bar is the "Healthy IU" title and a menu with categories: "PROGRAMS & SERVICES", "HEALTH SCREENINGS", "WELLNESS RESOURCES", "WORK + LIFE", and "ABOUT US". The main content area is a large banner image of a person's legs walking on a paved path, with a text overlay that reads "PUT A SPRING IN YOUR STEP! OUTDOOR WALKING ROUTES" and a "LEARN MORE" button. To the right of the banner is a "HEALTH SCREENING" section with text about getting a screening on campus and a "FACEBOOK" section with a "LIVE YOUR BEST YOU" post featuring a photo of maple-glazed turnips and a link to a recipe.



..... *THANK YOU!*



INDIANA UNIVERSITY

FULLFILLING *the* PROMISE