



DIMENSIONS OF wellness

Sources: University of California Davis; Washington State University; Village EAP counselors

When we think about our well-being, numbers like our cholesterol levels, blood pressure, and the figure on the scale might come to mind. Perhaps the number we should focus on is 8, as in the eight dimensions of wellness that contribute to our overall well-being.

Think of it like a wheel. The eight wedges in your wellness wheel can be of different size and importance, but all of them require some attention. Below are descriptions of each dimension, and suggestions for how to improve in that area.

1. EMOTIONAL WELLNESS

Emotional wellness means having the skills and strategies to cope with stress. This includes being attuned to your thoughts and feelings, expressing them in a meaningful way, and being connected with others.

Practice good self-care. Take time to do things you enjoy. Express gratitude and allow yourself to be vulnerable with others.

2. ENVIRONMENTAL WELLNESS

Living in a way that is respectful of and in harmony with the earth's natural resources and understanding your impact on the environment is one way to define environmental wellness. It can also be described as living in a pleasant, stimulating place that supports our well-being.

Take a few moments daily to appreciate nature. Recycle. Turn off extra lights or electronics. Conserve water.

3. FINANCIAL WELLNESS

When we are financially well, we are satisfied with our current and future financial situation. This can be a difficult, ongoing task, especially if we do not have a plan to achieve our financial goals.

Identify realistic financial goals. Track your spending. Distinguish wants from needs. Create a budget. Save more. Call The Village EAP to access FREE financial counseling.

4. INTELLECTUAL WELLNESS

Opening our minds to new ideas and experiences, seeking out ways to be creative, engaging with the world, and being a life-long learner are all components of intellectual wellness.

Read for fun. Learn a new skill or trade. Play a game. Learn an instrument. Journal. Be curious.

5. OCCUPATIONAL WELLNESS

Occupational wellness is a balance between personal and professional life that leads to fulfillment and financial stability. It involves feeling successful and good about our accomplishments.

Enjoy what you do and do what you enjoy. Find the positives in your current job. Stay motivated. Write out goals, create a plan to execute them, and then take steps to achieve your aspirations.



6. PHYSICAL WELLNESS

When we take care of ourselves, we can get the most out of our body and health. Physical wellness includes working on good nutrition, physical activity, and sleep.

Incorporate at least 30 minutes of activity into your day. Eat healthy foods. Develop a regular sleep schedule. Go to your doctor for annual health checks.

7. SOCIAL WELLNESS

Social wellness refers to our relationships and how we interact with others. These relationships could be with family, friends, coworkers, colleagues, neighbors, and more.

Be open to communicating your feelings, your needs, and your thoughts with people you trust and be open to listening to them as well.

8. SPIRITUAL WELLNESS

Spirituality is not the same as religion, but they are related. The University of California-Riverside defines spiritual wellness as “a personal matter involving values and beliefs that provide a purpose in our lives.”

Take part in activities that are in line with your values, such as prayer, meditation, or specific spiritual or religious practices that support your connection to a higher power or belief system.



ASK THE VILLAGE EAP

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Q: I am always so tired. How can I get better rest?

A: Getting enough sleep helps with our overall well-being. These six tips will have you well on your way toward a good night's sleep:

- 1. Nutrition:** Eating a balanced diet and drinking enough water are important for many aspects of our physical health, including our sleep patterns.
 - Go to bed satisfied (not stuffed full or too hungry).
 - Limit fluid intake before bedtime.
 - Avoid caffeine for 6 hours (or more) before bedtime.
 - Limit alcohol consumption. Having a couple of drinks may relax you, but it will disrupt your sleep cycle.
 - Access free nutrition counseling: Call 1-800-627-8220 and say that you would like to utilize your Village EAP benefit through your employer for nutrition counseling.
- 2. Sunlight:** Spend time outside. If you work the night shift, expose yourself to natural sunlight as soon as you wake.
- 3. Physical Activity:** Exercise daily. Find things that you enjoy and implement them into your day. Limit strenuous exercise 2 hours before bedtime.
- 4. Sleeping Environment:** Your bedroom is for sleeping and intimacy only. Create a space that is conducive to rest, meaning it is dark, cool, and quiet.
 - Hang blackout curtains or wear an eye mask.
 - Set your phone to “do not disturb.”
 - Instead of your phone alarm, use an old-fashioned alarm clock.
 - Invest in a quality mattress.
 - Change the settings on your phone to limit blue light. If you watch television in the evening, wear glasses that cancel blue light.
 - Eliminate consumption of media (TV, social media) at least an hour before bedtime.
- 5. Stress:** Manage it.
 - Focus on what you can control. For example, if current events cause you anxiety, eliminate watching the news before bed.
 - Make a list of personal or family “to-dos” that are on your mind before you go to bed, then put them to rest knowing that you will accomplish them the next day.
 - At the end of each workday, set aside time to reorganize your work priority list. Delegate and ask for help when necessary. You will rest easy knowing that you have organized your time to accomplish the most important items the next day.
- 6. Ask for Help:** We all need a little help sometimes. See a counselor to help manage stress, prioritize your commitments, and more. Call 1-800-627-8220 and state that you would like to access your Village EAP benefit through your employer.

If you have tried these tips and are still experiencing a tough time getting enough sleep, consider seeing your doctor.