

EIGHT DIMENSIONS OF WELLNESS



Strategies to Improve Wellness



- Acknowledge your worth
- Identify and validate your strengths
- Don't expect perfection; show self-compassion and practice self-forgiveness
- Learn to relax (use deep breathing or progressive muscle relaxation)
- Practice mindfulness (e.g., yoga)
- Laugh, play, and allow time for recreation
- Practice gratitude and count your blessings; keep a gratitude journal
- Journal your thoughts and feelings
- Set aside time to worry and only worry during that time
- Share any struggles with someone you trust
- Find an enjoyable hobby
- Seek professional counseling, if needed



- Create and maintain a budget
- Attend a seminar or read a book on financial management
- Differentiate between needs and wants
- Strive to live within your means and tell yourself what you have is enough
- Practice delaying gratification to limit impulse buying
- Use credit cards wisely
- Establish a savings account and/or investment plan
- Give to charitable causes



- Recycle, if available
- Plant a tree
- Practice conservation (energy, water)
- Explore ways to reduce your "carbon footprint" and practice them
- Participate in a clean-up
- Support causes that seek to improve or maintain the environment



- Engage in continuing education in your field of study
- Read for pleasure
- Attend a lecture or watch a documentary
- Listen to podcasts on topics of interest Volunteer to give a talk on an area of interest
- Do crosswords or other mind-stimulating games/activities

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Strategies to Improve Wellness



- Reflect on why you chose your profession
- Identify the things you like and appreciate about your work
- Accept that no job or occupation is perfect
- Suggest ways to improve employee workload and morale
- Build up and encourage your co-workers
- Practice good time management at work
- Find a mentor with whom to consult
- Negotiate to meet your needs (benefits, compensation)



- Spend quality time with family members (spouse, partner, children)
- Get together with one or more friends on occasion
- Stay in contact with extended family and friends who live far away
- Consider a pet for companionship
- Get involved in a church or civic group that provides fellowship
- Participate in charitable walks
- Volunteer with others at a food bank, soup kitchen, etc.



- Eat regular, healthy meals
- Drink plenty of water and avoid excessive caffeine or alcohol
- Get adequate rest and keep a regular sleep schedule
- Exercise regularly (30 minutes, at least 3 times per week)
- Find a sport or physical activity you enjoy
- Have regular medical checkups and seek medical help, when needed
- Get a massage



- Spend time in nature
- Seek opportunities to experience awe and wonder
- Try to connect with something larger than yourself
- Reflect on your principal values and strive to align your behavior with them
- Listen to inspirational music
- Identify what is meaningful to you and why
- Meditate and/or devote time to prayer
- Attend religious services, if desired