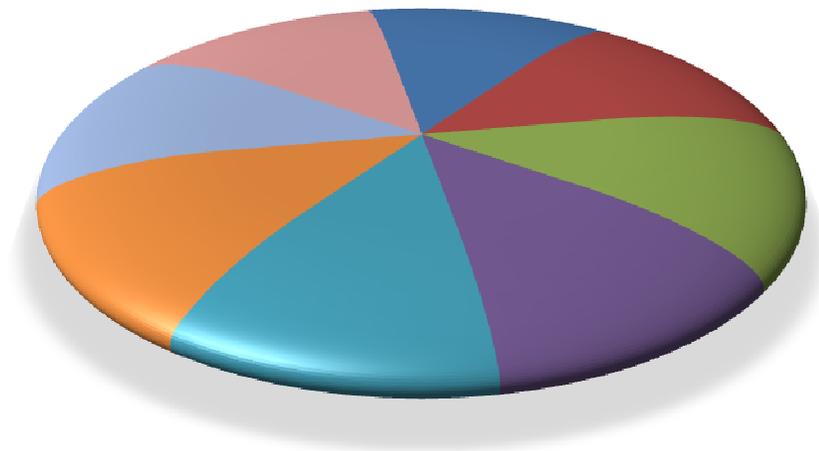
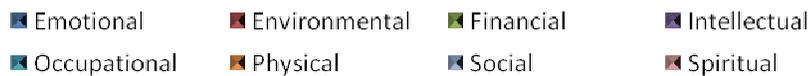


Clinch-Powell Educational Cooperative

Wellness – A Holistic Approach

Wellness is a dynamic concept comprised of an interrelated set of dimensions including emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual factors. Wellness is an active, lifelong process that involves expanding knowledge, skills, values, practices, and supportive environments that increase one's ability to enjoy a balanced and fulfilling life.

The Eight Dimensions of Wellness



Emotional Wellness

Emotional wellness is a process that centers on the ability to be aware of and accept a range of feelings, such as anger, fear, happiness, and sadness, in oneself and others. It includes one's capacity to manage emotions and related behaviors, to realistically assess strengths and limitations, to develop balance between independence and interdependence, and to cope effectively and flexibly with stress and disappointments. Emotional wellness serves as a foundation to establish a sense of self-worth, form mutually satisfying relationships with others, and seek and offer support as needed.

Environmental Wellness

Environmental wellness is a process that involves learning about and contributing to the health of the planet through active stewardship. This involves establishing a sustainable lifestyle, protecting natural resources, and eliminating pollutants and excessive waste. Environmental Wellness also includes having a respect and awareness of the surroundings and playing an active role in community crime prevention and emergency preparedness.

Financial Wellness

Financial wellness is a process of managing resources in order to access and sustain life-enhancing material goods and services. It involves setting realistic goals and living within one's means. Financial wellness is attained by acquiring and using knowledge, skills and values to make balanced daily decisions, create and maintain effective budgets, avoid debts and obligations that cannot be met, fulfill good stewardship of resources, and contribute to economic stability and fairness.

Intellectual Wellness

Intellectual wellness is a process which involves valuing education and engaging in lifelong learning. One pursues activities that increase knowledge, develop moral reasoning, foster critical thinking, promote creativity, and expand worldviews. Additionally, one appreciates the art of different ways of knowing such as, intuition and empathy.

Occupational Wellness

Occupational wellness is a process of negotiating lifework in a manner that is both stimulating and inherently fulfilling, while balancing personal and family commitments. Occupational wellness is enhanced by lifework that is congruent with one's values, beliefs, and goals; that demonstrates a strong work ethic, commitment to service and social responsibility, and that values professional development.

Physical Wellness

Physical wellness is a process of adopting knowledge, skills and values that enhance health. This involves accepting, embracing and acting in accordance with the body's limitations and potential. Improved physical health is attained and maintained by regularly engaging in recreational and physical activities, practicing preventative health care, accessing quality health care, avoiding risk behaviors and leading a healthy lifestyle.

Social Wellness

Social wellness is a process of developing a network of relationships available for support and sharing of life experiences. These relationships are based on interdependence, mutual trust, respect, empowerment and cultural competence. One engages in relationships with diverse groups of people, issues, and programs which guide self-authorship, while seeking to promote a more just and harmonious society.

Spiritual Wellness

Spiritual wellness is a process of nurturing holistic growth in concert with one's deepest beliefs and values. The engagement of critical reflection upon the meaning of one's life experience in dialogue with broader faith traditions and in community with others supports spiritual wellness. This leads to an equilibrium and maturity that empowers meaningful participation in a community of faith, ethical conduct, compassionate service, and concern for pressing societal needs. Spiritual wellness also encompasses a respect and appreciation for differing values and beliefs.

For more information, go to this SAMHSA webpage:
<https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>