



Pro Kinship for Kids

Kinship Link

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8 Dimensions of Wellness

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Living well involves eight areas of wellness - physical, occupational, financial, environmental, social, spiritual, emotional, and intellectual. You can think of these areas as a wellness wheel. Our wellness wheels should be balanced. If we are doing well in most areas, but not so well in a few, our wheel will not be round and will not roll smoothly. Following are explanations of what makes each kind of wellness for you to assess your own wellness wheel.

The concept of **physical wellness** reaches beyond feeling well, not getting sick, and being active. In other words, it's about properly caring for the body to maintain optimal health and function through nutrition, exercise, and healthcare. Sleep, alcohol, tobacco, and other drugs, medication safety, preventive medicine, nutrition, and exercise are all part of physical wellness.

Occupational wellness

is about finding a balance between work and leisure that's healthy, satisfying, and financially rewarding. Healthy people are doing exactly what they want to do in life and are comfortable and content with their work and leisure plans. Our attitude and ability to handle career goals greatly affect our wellness performance, interactions with others, and overall success.

Having **financial wellness** includes work that provides a means to live, debt reduction or how to avoid unnecessary debt, savings for emergencies, retirement, investments, and financial literacy.

Environmental wellness means evaluating clean air, food, water, preserving the places where we live, learn, and work, and occupying pleasant and stimulating environments. It also promotes learning, contemplation, relaxation, and natural places and spaces.

The idea of **social wellness** is to have healthy relationships with friends, family, and the community, as well as to care for others. Having a supportive person in your life every day is helpful. They could be a partner, family member, co-worker, or friend.

Everyone's **spiritual wellness** is different. It expands our sense of purpose in life and gives meaning to our lives. Spiritually healthy people spend time alone, figuring out what gives life meaning.

Emotional wellness includes expressing feelings, dealing with emotional challenges, coping with life's stresses, and enjoying life. Knowing your strengths, what you want to improve on, and letting others help.

The importance of **intellectual wellness** is often overlooked. It's the ability to open our minds to new ideas and experiences that can be applied to personal

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decisions, group interactions, and community improvement. Seeking challenges and learning new things is part of lifelong learning. This is about growth and development, critical thinking, and taking care of

yourself.

How are you doing with your wellness wheel? Do you have a well rounded wheel or is your wheel needing some help in some

areas? You can work on the areas that need help and it will bring your life more in balance and running smoother.



Mindfulness

Mindfulness is a great way to reduce stress or even a more natural way of dealing with pain. It is about living in the moment, being fully aware of your thoughts and your surroundings. A big part of mindfulness is practicing deep breathing methods and reflecting on your situation in a non-judgmental way. Mindfulness is not tied to any meditation. It is considered a part of the human experience. Mindfulness teaches basic introspection practices such as a body scan, breath awareness, and gentle movement exercises. These practices are basic life skills for learning to cope with stress, pain, and understanding what it means to be human.

There are seven life skills that are the foundation of mindfulness. They are:

1. Learning to be a neutral observer

2. Having patience with the process
3. Looking at everything with a child's mind
4. Trusting in yourself
5. Focusing on being in the moment
6. Acceptance of the here and now
7. Learning to let go of thoughts and worries

Mindfulness can contribute to positive changes in the brain. It has been shown to reduce the body's response to stress, and lower blood pressure. It helps to improve work-life balance and allows you to quickly bounce back from stressful events or crisis.

Mindfulness gives you relief from everyday worries, can reduce headaches and depression without the harmful side effects of medication. It can be viewed as a

natural and holistic approach to better health.

Mindfulness makes people feel deeply relaxed, have a renewed feeling of energy and enthusiasm for life, and have improved levels of happiness and creativity.

One technique of mindfulness you can try is called STOPping. When a nerve-racking event triggers stress or negative emotions, try STOPping it with these simple steps.

- S - Slow down**
- T - Take a breath**
- O - Observe bodily feelings and thoughts**
- P - Proceed, considering multiple positive possibilities**



Healthy Snacks

Here are a few healthy snack ideas for you to try at home:

- * Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- * Cut up fruit to make kabobs and serve with low-fat yogurt dip.
- * Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- * Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt.
- * Dress up a salad with a hard cooked egg or edamame, tomato, and 2 tablespoons reduced-fat dressing.
- * Build veggie skewers with cherry or grape tomatoes, and cubes of low-fat cheese or cooked tortellini and lean luncheon meat.
- * Bake vegetable chips, like kale or beets.
- * Blend your own smoothie by adding 1 cup fat-free milk and frozen fruit to a blender.
- * Make a tuna apple sandwich by combining a 5-6 ounce can of tuna packed in water (drained), 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, mix and then spread it on 2 slices of whole wheat bread.