Eight Dimensions of Wellness for Success Building

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DISCLAIMERS

I AM A STORY TELLER, SO I WILL SELF-DISCLOSE, YOU DON’T HAVE TO

I AM NOT BRAGGING, JUST SHOWING HOW “I” LIVE WHAT I TEACH

HAVE A QUESTION / COMMENT, JUMP IN, RAISE YOUR HAND

IF I TALK TOO FAST, LET ME KNOW
Overview

Wellness involves actively working on the whole-person, which respects our complexity by recognizing that we are multidimensional beings.

It’s through attention to and the development of each of the 8 Dimensions of wellness, attendees will learn how to be more successful in your personal and professional lives.

By the end of today’s workshop, I hope you are able to determine:

**How “well” YOU ARE**

**SO YOU CAN BE:**

**F.I.Y.T. (Fearlessly Inspiring Yourself to Thrive)**
Opening Discussion

1. Does anyone have any opening questions?

2. What are your expectations for today? What do you hope to gain/learn?

3. How do you define success?
Wellness is... an active process of becoming aware of and making choices toward a more successful existence. (National Wellness Institute)

“Wellness is a conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle. Wellness is the process of creating and adapting patterns of behavior that lead to improved health in the wellness dimensions and heightened life satisfaction.” (Swarbrick, 2006)
As a holistic and multi-dimensional approach to a healthy lifestyle, this wellness model encourages everyone to discover and then strive to achieve a balance between the 8 dimensions of wellness.
If we want to get **better** at something, if we want to **increase** our level of performance, we **must** change.

Are **YOU** ready to change?
Create A Sense of Urgency

You are deserving of the life you want. Having balance within the 8 dimensions is an amazing opportunity and it will bring you insurmountable ________. Start today with a commitment to focus on what matters most for you in terms of your wellbeing.

Communicate the Vision: Communicating your vision is key to your success and the communication needs to start with your greatest skeptic - **Your BRAIN**! How we behave, think, act, and respond to others are born out of many years of cumulated experiences, learning, perceptions, misconceptions, and reinforcement. You have to convince your brain that you can do it.
Surviving vs. Thriving

SURVIVE
1. To continue to live or exist, esp. in spite of danger or hardship.
2. To continue to live or exist in spite of (an accident or ordeal)
3. To manage to keep going in difficult circumstances.

Synonyms:
- remain alive, live, sustain oneself
- pull through, get through, hold on/out
- make it

THRIVE
1. To grow or develop well or vigorously.
2. To prosper; flourish.

Synonyms:
- flourish, prosper, bloom,
- blossom, do well, advance,
- succeed, boom
Occupational Wellness

Personal satisfaction and enrichment in one’s life through work, seeking opportunities to grow professionally and to be fulfilled in your “job”.

Preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life.
Trade Occupation for Vocation

• Seek new ways of understanding YOUR purpose

• Form a Powerful Coalition - Success in wellness requires like-minded people on your team.

• Nourish your professional affiliations and connections

• Continue to learn more about your interests and passions. Be creative about your duties and responsibilities!
Where is YOUR Occupational Wellness?

Sound Familiar?

- Working too much, without enough time for relaxing and socializing
- Being expected to be too many things to too many people
- Taking on too many responsibilities, without enough help from others
- Not getting enough sleep
- Lack of close, supportive relationships

How About This?

- Feeling like you have little or no control over your work
- Lack of recognition or rewards for good work
- Unclear or overly demanding job expectations
- Doing work that’s monotonous or unchallenging
- Working in a chaotic or high-pressure environment
Symptoms/Signs of Burnout

- Increasingly cynical and negative outlook
- Decreased satisfaction and sense of accomplishment
- Withdrawing from responsibilities
- Isolating yourself from others
- Procrastinating, taking longer to get things done
- Using food, drugs, or alcohol to cope
- Taking out your frustrations on others
- Skipping work or coming in late and leaving early
- Feeling tired and drained most of the time
- Lowered immunity, feeling sick a lot
- Frequent headaches, back pain, muscle aches
- Change in appetite or sleep habits
- Sense of failure and self-doubt
- Feeling helpless, trapped, and defeated
- Detachment, feeling alone in the world
- Loss of motivation
Potential/Eventual Outcome

• Every day is a bad day.
• Caring about your work or home life seems like a total waste of energy.
• You’re exhausted all the time.
• The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
• You feel like nothing you do makes a difference or is appreciated.
In what ways are you starving yourself of what you need to live a rich and fulfilling life?
Spiritual wellness involves an understanding of the beliefs, principles, and values that guide individuals in their lives.

This understanding includes a commitment to living in a moral and ethical manner and can provide a sense of purpose and meaning.

**Spirituality**: concerns about the ultimate meaning and values in life

**Religion**: practices, beliefs and texts about the transcendent shared by a particular community
Celebrate the Journey

- Recognize that success is not a one-time shot. It is about composing a life over time. Take the time to enjoy the journey and celebrate the successes along the way.

Stop worrying about the potholes in the road and celebrate the journey!

BARBARA HOFFMAN
Mindfulness and Balance

“Mindfulness means paying attention, on purpose, to one’s own thoughts, feelings and judgments. It is the practice of being fully present in our attention to where we are, what we are doing, and what is happening at the moment.”

( Epstein, 2001)

Nurture Your GREATEST ASSET: YOU
Financial Wellness includes our relationship with money, skills to manage resources and live within our means, making informed financial decisions and investments, setting realistic goals, and learning to prepare for short-term and long-term needs and emergencies. Part of this dimension includes an awareness that everyone’s financial values, needs, and circumstances are unique.

How do you currently apply Financial Wellness in your life?
Intellectual wellness involves maintaining an active mind, exploring new interests, problem solving and the ability to think critically.

How do you currently apply Intellectual Wellness in your life?
Successfully intelligent people seek to perform in ways that not only are competent but distinguish them from the ordinary, and those who just perform.

“The Five P’s of Success: Prior Preparation Prevents Poor Performance.”

Successfully Intelligent Thinking means Asking and Answering Questions; and requires Purpose and Drive.
Successfully Intelligent People

- Have a can-do attitude.

- Actively **seek out** role models and/or Mentors. They also observe people who fail, note why they fail, and then make sure they do things differently.
  - Do you know what skills, knowledge or steps you need to go to the next level?

- Realize that the environment in which they find themselves may or may not enable them to make the most of their talents.

- Seek to perform in ways that not only are competent but also distinguish them from ordinary performers.
The Mind Stays Sharp with Use

- Self Care of our minds requires that “we use them or indeed, we will lose them.”
- Practice using your memory skills.
- Practice using your speaking skills.
- Practice using your problem solving skills.
- Practice using your conversation skills.
- Practice your organization skills.
Emotional Wellness is the awareness and acceptance of one’s feelings and cognitions, coping with and expressing emotions in a healthy and adaptive manner.

How do you currently apply Emotional Wellness in your life?
You can’t pour from an empty cup.
Take care of yourself first.
Compassion for Self

Self-care is not selfish or self-indulgent. We cannot nurture others from a dry well.

We need to take care of our own needs first, then we can give from our surplus, our abundance.

~Jennifer Louden
Emotional Keyboard

Taught:
Humility
Forgiveness
Empathy
Optimism
Compassion

Hardwired:
Sadness
Joy
Disgust
Anger
Surprise
Fear

Taught:
Sympathy
Patience
Shame
Cooperation
Gratitude
Emotional Intelligence

• Represents the capacity of individuals to assess, monitor, identity, utilize, and regulate emotions—regarded as a subset of social intelligence.

• Facets of emotional intelligence:
  • Awareness Of The Self
  • Motivating The Self
  • Management Of Emotions
  • Empathy
  • Handling Relationships
  • Accurate Perception
  • Appraisal, And Expression Of Emotions
  • Capacity To Generate Suitable Feelings To Facilitate
  • Understanding Of Emotions and capacity to regulate emotions to promote growth
Environmental wellness is an awareness of an individual’s relationships and the impact on physical surroundings and habitat. It means developing and maintaining a living environment that is safe, comfortable, and in harmony with natural resources.

How do you currently apply Environmental Wellness in your life?
Creating A Healing Environment at Home

To begin, follow one simple guideline: look for ways to reduce stress!

1. Go for Comfort

We humans all have a strong need for safety and security and look for those attributes in our environment. We also look for physical comfort, such as an environment with the right temperature, and psychological comfort, where there is a mix of familiarity and stimulus.

2. Cut the Clutter

Visual “noise” increases stress. A cluttered, dirty, or confusing environment can cause us to feel worried, sad, or helpless.

Start with one small area. Clear a counter, de-clutter a shelf, or organize a drawer.

◦ This will give you a sense of success to help you proceed—and give you a place to look at when the chaos elsewhere is discouraging.

◦ Keep that area free from clutter from now on—and build on it by tackling one additional area at a time.
Creating A Healing Environment at Home

To begin, follow one simple guideline: look for ways to reduce stress!

3. Delight Your Senses

- Choose colors that you find appealing for your walls and furniture.
- Place photos and objects with special meaning to you where you see them often.
- Add artwork you like or an aquarium.
- If you like the sound, add a water element.
- Consider getting a diffuser or vaporizer to disperse essential oils that you find appealing and not allergic to.

4. Enhance the Light

- Daylighting, that is natural light, is associated with improved mood, enhanced morale, lower fatigue, and reduced eyestrain.
- So take advantage of any natural light you have. Then supplement it with a variety of light sources, such as a floor lamp.
Creating a Healing Environment at Home

To begin, follow one simple guideline: look for ways to reduce stress!

5. Bring Nature In
   - Studies show that even a short contact with nature can significantly reduce stress, reduce anger and fear, and increase pleasant feelings.
   - So if you have views of trees or other plants or natural elements, place a comfortable chair where you can enjoy them. You can also add indoor plants, aquariums, or art with a nature theme and get much of the same effect.

6. Consider your inner environment
   Along with your physical space, consider your inner environment as well. Realize that optimism, hardiness, self-efficacy, and a sense of control are linked to good health and that they can be learned and practiced. Set a positive intention for your interactions at home!
SOCIAL WELLNESS ENCOMPASSES THE CONNECTIONS AND RELATIONSHIPS INDIVIDUALS HAVE WITH OTHERS AND THE WORLD AROUND THEM. IT MEANS CREATING A SUPPORTIVE AND CARING NETWORK OF FRIENDS AND FAMILY.

HOW DO YOU CURRENTLY APPLY SOCIAL WELLNESS IN YOUR LIFE?
Build and Maintain Meaningful Relationships

Personally-

• Don’t be afraid to be vulnerable- You’re human, you’re flawed, and it’s ok.
• Be enthusiastic- Your energy draws others in, and lifts them up.
• Change the environment- Do things you’ve never done before.
• Communicate- I messages allow equal and balanced exchanges. Listening allows you to ask questions, understand a person’s feelings.

“Without communication there is no relationship” - Unsure of Author
Physical Wellness: healthy eating, sleeping, physical activity, avoiding or reducing drug and alcohol use, identifying potential health concerns, getting regular medical checkups, and minimizing your risk of injuries and harm (safer sex, wearing helmets, etc.)

How do you currently apply Physical Wellness in your life?
Just Do It

Rest Daily
Eat Healthy food
Take your meds
Get It Moving Every Day
Practice the Rhythm of Life
Reflection
Engagement

Do What Your Physician Tells You
• Schedule check-ups
• Write down the information you get about your health.
• KEEP GOOD RECORDS EVERYWHERE!!

“The balance each of us strikes between our own enrichment and depletion is critical to our physical, emotional, and spiritual health.”  

Suchman and Ramamurthy
PERSONAL & PROFESSIONAL BALANCE

From Surviving

- Spending less time with people that matter
- Feeling tired
- Dreading another day at work
- Feeling out of control, moody, irritable, or resentful
- Feeling ill or experiencing psychosomatic symptoms
  - e.g., stomach problems, skin rashes, headaches, colds, etc.
- Laughing infrequently
- Feeling “low” or self-medicating
- Neglecting or not enjoying activities that used to be gratifying
- Daydreaming, sleeping too much, procrastinating or engaging in high-risk activities

To Thriving

- Learns from past relationships.
- Understands every relationship is different with various strengths and weaknesses.
- Avoids comparing between past and current relationships.
- Seeks advice from peers, mentors and experts
  - Support systems
- Transfers skills to your future. Balance is a life-long endeavor.
- Plans time well
- Cultivates outside interests
- Checks expectations
Self-Care/Maintenance

We need to nurture themselves
- Emotionally
- Physically
- Spiritually
- Mentally

- Self care is empowering; take charge of your life.
- When we are overwhelmed, we lack the energy and focus to make the same clear decisions that we normally would.
  - We are unable to problem solve in a purposeful manner.
  - If we take care of ourselves regularly, we can better handle life’s challenges that are bound to come up.
- If we do just a few things regularly, to renew our energy and revitalize our spirit, we can not continue providing for others from a place of abundance.
- I challenge you to arrange some time in your schedule for self-care, and notice how much better you feel.
Reflection Questions

1. What would you be doing, where would you go if there was no FEAR involved?

2. What accomplishments or events must, in your opinion, occur during your lifetime to consider your life satisfying and well lived?

3. What is (or might there be) a secret passion in your life? Something you may or may not have allowed yourself to do so far, but which you would really love to do.

4. What unique gift or knowledge do you have to contribute?

5. Please describe what gives you a sense of purpose in life? What activities have meaning for you?

6. What’s missing in your life, the presence of which would make your life be more fulfilling?

7. What do you do when you are really up against the wall?

8. What do you do in your life that brings you happiness and joy? How often do you do this?

9. What gets in the way of you doing what brings you joy and health in the world?

10. What two steps could you take immediately that would make the greatest difference in your current situation?
1. Does anyone have any closing questions?

2. Complete the Wellness Assessment

3. Complete the Wheel of Life Handout.
   a. How did you feel completing the handout?
   b. Anyone want to share their Wheel of Life results?
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Pronouns: she, her, hers

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I just woke up one day and decided I didn’t want to feel like that anymore, or ever again.

SO I TOOK THE STEPS TO CHANGE.