

### ***Take a Minute and Do a Self-Check-up on Your Personal Wellness!***

Listed below are the Seven Dimensions of Wellness. As the summer begins, the NBSRT Wellness Team wants you to know that it is an excellent time to take a minute to sit back and take stock on how you are faring in each of the seven areas.

**Wellness** is much more than merely physical health, exercise, or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. The model used by our campus includes social, emotional, spiritual, environmental, occupational, intellectual, and physical wellness. Each of these seven dimensions act and interact in a way that contributes to our own quality of life.



- Social Wellness is the ability to relate to and connect with other people in our world. Our ability to establish and maintain positive relationships with family, friends and co-workers contributes to our Social Wellness.



- Emotional Wellness is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness, or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness.



- Spiritual Wellness is the ability to establish peace and harmony in our lives. The ability to develop congruency between values and actions and to realize a common purpose that binds creation together contributes to our Spiritual Wellness.



- Environmental Wellness is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. The ability to make a positive impact on the quality of our environment, be it our homes, our communities or our planet contributes to our Environmental Wellness.



- Occupational Wellness is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.



- Intellectual Wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to our Intellectual Wellness.



- Physical Wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits (routine checkups, a balanced diet, exercise, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.) will lead to optimal Physical Wellness.



So, where do you stand? Like anything, in order to maintain or improve, you need to spend time working on each of the 7 areas. The NBSRT Wellness Team wishes you a great summer. Participate in the activities that you love and try a few new things to challenge you as well. If you have any ideas that you would like to share, please pass them on to: [garthwade145@gmail.com](mailto:garthwade145@gmail.com)

**Have a great summer! NBSRT Wellness 2023**