

## Wellness Mission & Vision

### What is wellness?

Wellness education provides people with life skills that lead to a healthy, balanced lifestyle. The overall result is a feeling of well-being.

Wellness is a person's decision to move toward optimal health.

- Wellness is a balanced lifestyle a person designs in order to achieve their highest potential for well-being.
- Wellness takes work and does not happen overnight. A person must understand that there is no end point, but health and happiness are possible in all aspects of life.
- Wellness impacts a person in all areas. It is the integration of body, mind and soul.

What are the six dimensions of wellness?

### Strike a Balance!

Wellness encompasses six dimensions, each one equally vital to the pursuit of optimum health. Striking a balance between all six dimensions is a careful art, but necessary to achieve a sense of overall well-being. The dimensions of wellness are: intellectual, social, spiritual, emotional, physical and occupational.

- **Intellectual:** Mental activities, expanding our knowledge, sharing information, participating in intellectual activities with community information
- **Social:** Pursuit of harmony in our family, contributing to our environments
- **Spiritual:** Pursuit of meaning & purpose in human existence, deep appreciation for life
- **Emotional:** Awareness and acceptance of feelings, positive attitude, stress management, pursuit of satisfying relationships
- **Physical:** Physical activity, knowledge of food, nutrition, and medical care, discouraging substance abuse
- **Occupational/Environmental:** Work that is satisfying and enriching, positive attitude

Why is wellness education important?

It leads to a healthier population and a higher quality of life. Wellness programs allow individuals to take more responsibility for behaviors that affect their health. The best time to begin instilling these important lessons is with school-age children. In order for the programs to be successful, the entire family needs to be involved.

Historically, what types of wellness education have impacted all of us?

- Stop smoking campaigns
- Drug and alcohol awareness
- Food pyramid/ balanced diet/ nutrition education
- Stress management / mental health seminars
- Exercise program