

Research shows individuals with Serious Mental Illness
die 25 years earlier than the general population.

Session 18

Wellness and Self Care

Review the 8 dimensions of wellness using the *Wellness in Eight Dimensions*.

Wellness



In Eight Dimensions



www.welltacc.org
Peggy Swarbrick and Jay Yudof

© 2011 Collaborative Support Programs of NJ, Inc.

Creating Wellness

Wellness involves being aware of ourselves as whole people including a sense of balance, comfort with our bodies, our lives, or jobs, and more. It is a sense that things are going well for us today, and can continue to go well for us tomorrow. It is a sense that we have meaningful *relationships, love, and a sense of meaning and purpose*. Although we may have setbacks, we experience stress and trauma, and more, we are resilient, have emotional strength, material resources, and the support of others to survive and thrive.

Stress, addictions, illness as well as traumatic experiences impact wellness and balance. At the Institute we believe helping people improve their personal wellness, as they define it, is important.

We are aware that people we care about die much earlier than the general population – by many estimates 25 years earlier - and experience significant health problems. As a result of this trend of early death and major health problems, the Substance Abuse and Mental Health Services Administration (SAMHSA) of the US Department of Health and Human Services has spearheaded the **10x10 Wellness Campaign** to promote the importance of addressing wellness in all parts of a person's life. This campaign hopes to increase life expectancy of people we value *by 10 years over* the next 10 years. Organizations and individuals around the country have expressed their commitment to promoting wellness and reducing the disproportionate impact of preventable morbidity and mortality by signing the Pledge for Wellness¹,

This campaign includes a *vision*: A future in which people have opportunities to pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources. The Institute for Wellness and Recovery Initiatives at CSPNJ has helped create and embraced that vision, and want to do everything we can to help make that vision a reality.

Wellness incorporates all of the eight dimensions shown on the cover and back of this booklet. Each dimension of wellness can affect our overall quality of life, because wellness directly relates to how long we live (longevity) and how well we live (quality of life.)

When we look at the eight-dimension model, our attention is drawn to the idea that all eight dimensions are connected. We all know how much they are connected in our lives. When we feel financially unwell (e.g., debt building), we experience anxiety (emotional), sometimes leading to medical problems (physical), and our effectiveness at work falls off (occupational), and we may even question our own meaning and purpose (spiritual). When we are out of work (occupational), we lose some of our opportunities to interact with others (social), cannot get the quality foods and medical care we need to stay well (physical), and may need to move to a place which feels less safe and secure (environmental).

Stress, trauma, disappointment, and loss can impact our wellness and the *balance* in our lives. It seems important to balance work with play and rest, treatment with living our lives fully and productively, and the desire for rapid change with the known effectiveness of slow changes to build habits.

Another part of wellness is about choosing, getting, and keeping *valued roles*. We need to balance being a patient, client, “person in recovery,” etc. with roles like worker, student, colleague, dad, wife, congregant, and more. These roles and more drive our passions daily activities and enhance our identity.

Wellness involves a sense of *empowerment*. Sometimes the conditions we live with, or even the service and treatment systems we use, leave us feeling a lack of control. It is important we are treated with dignity and respect and assume *personal responsibility for our lives*.

Habits are key for wellness. Our habits affect what we eat, what we wear, how we go to work, and how we

spend or save money. Habits become ingrained, and we have to work consciously to maintain or establish habits in accordance with our wellness, our valued roles, and our personal goals.

We hope this guide will help you think about your own wellness- what you already do now (your daily routines, habits and valued life activities) what you can do or learn to do and what type of support you need to create greater wellness in your life.

One of the things many people find helpful is to assess their wellness in each dimension. For each of the eight dimensions that follow, record your strengths and review the self-assessment. The self-assessment can offer some insights to determine things you are doing well and things you may want to start or stop doing.

Please use this booklet yourself or share with co-workers or support group members so you can review share and grow together. We hope this is helpful.

We wish you a successful wellness journey!

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

FINANCIAL

Satisfaction with current and future financial situations.

SOCIAL

Developing a sense of connection, belonging and a well-developed support system.

SPIRITUAL

Expanding our sense of purpose and meaning in life.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

PHYSICAL

Recognizing the need for physical activity, diet, sleep and nutrition.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.



Physical Wellness Assessment

Consult the following steps to assess your physical wellness, rate your level of satisfaction, and develop your plan for action.

- 1) **Assessment**- complete part 1 of the self-assessment to identify strengths, needs and barriers.
- 2) **Prioritize** areas for change or improvement- complete part 2 of the assessment to rate your satisfaction with each of physical wellness dimensions.
- 3) **Goal Setting** – Identify the area in which you would like to make a change or area you want to improve.

- Review **challenges or obstacles** that may get in your way that would prevent you from making this change or improvement?

What can **you do** to address this (these) challenge or barrier?

- **Taking Action** - What can you do during the next few weeks to make the desired change or improvement?
- **Resource Planning**- What resources do you need in order to be successful? (*Identify material, personal or internal resources*)
- **Support** - Who will support you and how? What can they do to be helpful?
- **Accountability plan**- methods of keeping focused on your accomplishments- reminders, check in methods etc.

Physical Wellness

PART 1: Physical Wellness Assessment- Reflect on the physical wellness domain- identify your personal strengths, areas you would like to improve/change and barriers that may get in the way

Wellness Dimension	Strengths (describe your personal strengths)	Needs (describe what you want to change/improve)	Barriers (what could/does get in your way?)
Diet and Nutrition			
Physical Activity			
Sleep/Rest			
Relaxation/Stress Management			
Medical Care/ Screening			

Physical Wellness Assessment

PhysicalWellness Domain	Strengths (describe your personal strengths)
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

Physical Wellness Assessment

Physical Wellness Domain	Needs (area for change or improvement)
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

Physical Wellness Assessment

Physical Wellness Domain	Barriers (what could or does get in your way?)
Diet and Nutrition	
Physical Activity	
Sleep/Rest	
Relaxation/Stress Management	
Medical Care/ Screening	

Physical Wellness Assessment

PART 2: Physical Wellness Satisfaction Scale

Review the following physical wellness domains (left column) and circle your level of satisfaction. Indicate one area with a star (*) that you want to focus on through wellness coaching support.

Physical	Very Dissatisfied		Dissatisfied		Satisfied		Very Satisfied
Wellness Domain							
Diet and Nutrition	1	2	3	4	5	6	7
Physical Activity	1	2	3	4	5	6	7
Sleep/Rest	1	2	3	4	5	6	7
Relaxation/Stress Management	1	2	3	4	5	6	7
Medical Care/Screening	1	2	3	4	5	6	7

Session 19--Review Questions

1. In the Physical Wellness Domain, there are five areas in which Peer Specialists assist their peers in identifying their Strengths, Needs, and Barriers. What are the five areas?

