



A Holistic Approach to Workplace Wellness in 2025

January 2025 Learning Exchange





OCTOBER 5-8, 2025

National Staff Development and Training Association (NSDTA) Education Conference

Sheraton Norfolk Waterside Hotel | Norfolk, VA

#NSDTA2025

INFO & REGISTRATION COMING SOON!

NSDTA Engagement Committee 2025 Offerings

Showcase Series

Join us throughout the year for interactive webinars that highlight content from the 2024 NSDTA Education Conference.

Schedule coming soon!

Learning Exchange

NEW in 2025! Join us for guided discussions on various hot topics in the human services sector and share insights, strategies, and innovations with peers.

Schedule coming soon!

A Holistic Approach to Workplace Wellness in 2025

- ❖ **Charmaine Brittain, MSW, Ph.D.**
Butler Institute for Families
University of Denver
- ❖ **Tracy Davis, MSW**
Director, Academy for Workforce Development
Connecticut Department of Children and Families
- ❖ **Lonetta Richardson Bryan, MA, NBC-HWC**
Board-Certified Health and Wellness Coach Certified
Gallup Strengths Coach

To what extent does your organization prioritize wellness?

1. We're all about wellness at my organization
2. Wellness is mentioned...
3. What is wellness?



What is Wellness?

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're **thriving**.

The 8 Dimensions of Wellness

- EMOTIONAL
- ENVIRONMENTAL
- INTELLECTUAL
- PHYSICAL
- FINANCIAL
- SOCIAL
- SPIRITUAL
- OCCUPATIONAL



Environmental Wellness involves creating a healthy and sustainable environment. It involves being able to be safe and feel safe.

Intellectual Wellness involves engaging in creative and stimulating mental activities. It includes lifelong learning, seeking new experiences, and challenging yourself intellectually.



EMOTIONAL WELLNESS

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize & share a wide range of feelings with others in a constructive way.





- Acknowledging and honoring our emotions, whether they're happy, sad, or somewhere in between.
- Discover what brings you joy and make time for those activities. Whether it's painting, dancing, or simply enjoying a cup of tea in peace, prioritize moments of happiness in your day.
- Practice gratitude and mindfulness. Take time to appreciate the little things, stay present in the moment, and take in the beauty around you.

**What strategies do
you and/or your
organization
engage in for
Emotional
Wellness?**



Physical Wellness

Refers to maintaining a healthy body. Good physical habits, proper nutrition, regular exercise, adequate rest and appropriate health care.

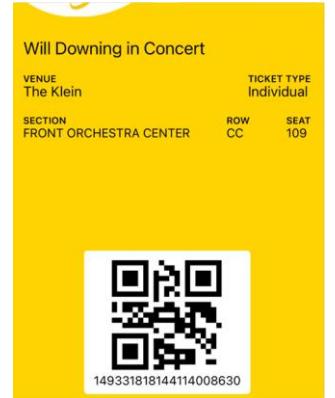


Financial Wellness

Involves managing your finances effectively. This includes budgeting, saving, investing, and planning for the future.



Social Wellness



**What strategies do
you and/or your
organization
engage in for
Social Wellness?**



Spiritual Wellness

represents one's personal beliefs and values and involves having meaning, purpose, and a sense of balance and peace.

Occupational Wellness

involves finding fulfillment in your work (paid or volunteer) and pursuing your passions. It includes developing skills, seeking new opportunities, and finding meaning and balance in your work.



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A photograph showing three people walking on a dirt path through a dense forest. The path is covered with fallen leaves and pine cones. In the background, there's a small wooden structure, possibly a cabin or a shelter. The trees are tall and have green leaves.

Spiritual Wellness

- Engaging in spiritual practices
- Spending time in nature, taking nature walks or forest bathing
- Reflecting on your core beliefs, values, and ethical principles
- Cultivating a mindset of gratitude



**What strategies do
you and/or your
organization
engage in for
Spiritual
Wellness?**



Barriers and Challenges

- Lack of:
 - Time
 - Motivation
 - Support
- Fear of failing



Strategies for Overcoming Barriers / Challenges

LACK OF TIME

PRIORITIZE AND SCHEDULE

COMBINE ACTIVITIES - MULTITASK!

SET MINI GOALS

LACK OF MOTIVATION

FIND YOUR WHY

CELEBRATE SMALL VICTORIES

CREATE ACCOUNTABILITY

More Strategies

Lack of a Supportive Environment

- ✓ Build a Support Network
- ✓ Communicate Your Needs
- ✓ Start or Join a Wellness Group

Fear of Failing

- ✓ Reframe Failure
- ✓ Set Realistic Goals
- ✓ Engage in Positive Self-Talk



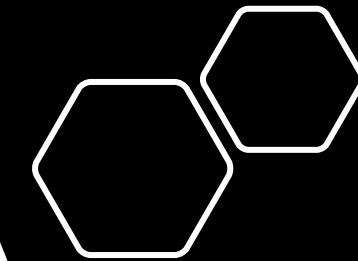
**How can you and/or
your organization
overcome these
barriers/challenges?**



Which Wellness Dimension(s) will you focus on in 2025?

Emotional
Environmental
Intellectual
Physical
Financial
Social
Spiritual
Occupational





Let us know
how we did!

