



# Health Consciousness in Three Steps

**W**ell-being comes from feeling like a whole person and your ability to be aware in the face of triggers that hurt or help your health. Use these 3 steps and stay whole with health consciousness.

## STEP 1 I Am My Whole Well-being

Reflect on the fact that your own personal well-being is made up of the Six Dimensions of Wellness below, as defined by the National Wellness Institute.

Sp	<b>Spiritual</b>	My purpose in life, relationship to God or universe, transcendence
I	<b>Intellectual</b>	My curiosity and drive for life-long learning, creativity, discovery
O	<b>Occupational/Work</b>	My love of work, mastering your job, financial or career growth
S	<b>Social</b>	My relations with family, friends, coworkers, neighbors
E	<b>Emotional</b>	My feelings, embracing all emotions, serenity, joy, awe; enjoy life
P	<b>Physical</b>	My body: strength, flexibility, vitality, endurance, mind-body health

## STEP 2 I Am Health Conscious

Know your health consciousness in each dimension. For the 6 statements below, circle the dimension(s) for which these statements are true in your life.

1. I attend to my feelings of Sp I O S E P health.
2. I take responsibility for my Sp I O S E P health.
3. My acts show I don't want Sp I O S E P problems.
4. I seek information for my Sp I O S E P wellness.
5. I can shop effectively for Sp I O S E P wellness.
6. I make daily efforts for Sp I O S E P wellness.

## STEP 3 I Am Alert to All Triggers

Below are four common hurtful triggers and two of many helpful triggers. If you have hurtful triggers, return to Steps 1 & 2 and explore healthy alternatives (e.g., proper sleep). Let the helpful triggers give you energy for the Six Dimensions of Wellness.



**Reach out to your local EHC contact to schedule your EHC training today.**

Empowered Health Consciousness was developed by Dr. Joel Bennett and is offered as a collaboration between the National Wellness Institute (NWI) and Organizational Wellness and Learning Systems (OWLS) and is part of NWI's Elements of Thriving trainings.