



Health Consciousness in Three Steps

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