

## **May 1, 2026 Email Newsletter Wellness Block:**

### **Six Ways to Be Well**

If I were to ask you how your personal wellness is going, chances are you'd tell me something you're doing for your body *physically*. Maybe you go on a 10 minute walk, or try to avoid snacking after dinner. We often think about our wellness mostly in terms of movement and food. But wellness includes much more than the physical aspect.

God made humans beautifully detailed, knit together with intentionality and precision as reflected in Psalm 139. Our creator didn't just give us a body; He endowed us with complex emotions and mental capacity to operate in community with Him and others as we live out our various vocations. The most important aspect of our wellness is that we are spiritually whole in Christ through His death and resurrection. The old is dead and the new has come, and we are free to pursue wellness from the gift of Christ in us.

Wellness itself is complex because we are complex. We therefore consider wellness according to 6 areas, specifically emotional, financial, relational, vocational, intellectual, and of course, physical. Our spiritual wellness includes and is affected by these 6 areas of wellness. Our generous God gives us the gift of faith, and our spiritual well-being is supported by regularly hearing His Word, taking the Lord's supper, communing with His people, and pursuing an intentionally life of discipleship.

**Emotional Wellness:** Recognizing emotions are a gift from God and learning to recognize, manage, and express them in a God honoring manner

**Financial Wellness:** Praising God for the gift of money and striving to intentionally steward finances as a resource to care for our family, our neighbor, and the church

**Relational Wellness:** Cultivating meaningful connections with others, including reconciliation and seeking the good of our neighbor as God has called us to live peacefully with others

**Vocational Wellness:** Valuing, nurturing, and rightly prioritizing the many vocations God has given us, whether inside or outside the home

**Intellectual Wellness:** Expanding knowledge and skills as a lifelong learner, ready to learn in the ways God directs

**Physical Wellness:** Stewarding our God given body by moving with intention, eating nutritiously, sleeping adequately, and taking preventative measures to improve daily energy and long-term health so we serve with fervor and endurance



**Northern Illinois District**  
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We tend to each area because the various aspects are essential to our well-being and are interdependent. Neglecting one area of wellness can have adverse effects on another, and ultimately our overall health. For example, forgetting to pay my monthly electric bill can produce emotional stress which can leave me feeling physically tired. Conversely, positively influencing one aspect of wellness has a ripple effect on other aspects. I feel less emotional distress when I have a solid financial plan of attack for my bills.

Though each aspect is important, they will not always be perfectly balanced on this side of heaven. The impact of sin ensures this is the case! The invitation is to view your wellness as greater than the physical aspect. As you go through your week, reflect personally on the various areas of wellness using the following questions.

1. Which area of wellness do you feel is going well?
2. Which area could use some more attention?
3. Which area have you not considered in a long time?
4. What's one *small* step you can take this week to intentionally improve a weaker area of your wellness?

Here are some ideas for those small steps:

**Emotional Wellness:** pause once a day this week and name what you're feeling

**Financial Wellness:** intentionally thank God for the money He's given you right in this moment

**Relational Wellness:** encourage someone at your job or in your family

**Vocational Wellness:** write down or say aloud one daily intention you have for one of your vocations; for example, today I want to intentionally ask my spouse about their day

**Intellectual Wellness:** choose one thing to read or listen to for 5 minutes

**Physical Wellness:** stand up and move every hour