8 Dimensions of Wellness: Prevention, Recovery & Wellness

Presented by
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Agenda

• Define Wellness
• ABC’s of wellness model
  – Strengths perspective
  – 8 dimensions
• Why it is important
• What you Can Do Now
Timeline

- **Late 1970’s**: 3-4 dimensions
- **Mid 1980’s - late 1990’s**: 5 dimensions
- **2000–2008**: 6 dimensions
- **2009-present**: 8 dimensions
WELLNESS
Wellness is a conscious, deliberate process that requires that a person become aware of and make choices for a more satisfying lifestyle.

Wellness is Self-Defined

- Individual *needs* and *preferences*
- *Balance* varies from person to person

Wellness is the process of creating and adapting our habits that lead to improved health and satisfaction in the wellness dimensions.
ABCs OF THE WELLNESS MODEL
Attitude & Activity

Balance

Control & Choice
Attitude is the frame in which you view the world, the hue in which people see you, the tone in which they hear you and the mood for all your day’s activities.”

The most important thing you’ll ever wear is your attitude.
Balance

Balance varies from person to person
Control & Choice

• *Grant* me the serenity to accept the things I cannot change, *Courage* to change the things I can, And *Wisdom* to know the difference.
Wellness Model

A paradigm for understanding health

Encompasses 8 dimensions

1) Social
2) Emotional
3) Intellectual
4) Occupational
5) Environmental
6) Financial
7) Spiritual
8) Physical

six domains

- habits and routines
- physical activity
- sleep and rest
- healthy food choices
- medical self-care and screenings
- stress management and relaxation
8 Wellness Dimensions

Emotional
Developing skills and strategies to cope with stress.

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

Financial
Satisfaction with current and future financial situations.

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

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

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

Spiritual
Search for meaning and purpose in the human experience.

Occupational
Personal satisfaction and enrichment derived from one’s work.

8 Wellness Dimensions

- **Emotional**
  Developing skills and strategies to cope with stress.

- **Financial**
  Satisfaction with current and future financial situations.

- **Social**
  Developing a sense of connection and a well-developed support system.

- **Spiritual**
  Search for meaning and purpose in the human experience.

- **Occupational**
  Personal satisfaction and enrichment derived from one's work.

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

- **Intellectual**
  Recognizing creative and finding ways to knowledge and skill.

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

8 Wellness Dimensions

- Emotional: Developing skills and strategies to cope with stress.
- Environmental: Good health by occupying pleasant, stimulating environments that support well-being.
- Intellectual: Recognizing creative abilities and finding ways to expand knowledge and skills.
- Physical: Recognizing the need for physical activity, diet, sleep, and nutrition.
- Occupational: Personal satisfaction and enrichment derived from one’s work.
- Financial: Satisfaction with current and future financial situations.
- Social: Developing a sense of connection and a well-developed support system.
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8 Wellness Dimensions

WHY IS WELLNESS IMPORTANT!!
Why Focus on Wellness?

• You have strengths
• Wellness habits build wellness habits
• You are worth it~

What You Focus on Expands
What can YOU do NOW?

Reflect on what you do now

Consider what you want to strengthen

Set a short-term goal
What can YOU do NOW?

DEVELOP A PLAN

ENLIST SUPPORT

CELEBRATE YOUR SUCCESS
When ‘I’ is replaced with ‘We’

*Illness* becomes *Wellness*

He who has health, has hope
and he who has hope, has everything.

--Thomas Carlyle
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