

Finding Wellness Balance

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The Substance Abuse and Mental Health Services Administration (SAMHSA) developed a wellness guide called, "Creating a Healthier Life." It covers eight dimensions of wellness including emotional, financial, social, spiritual, occupational, physical, intellectual, and environmental. The concept in this article comes from this book.

- Emotional - feeling good about yourself, recognize and expressing your feelings.
- Financial - having a good handle on your financial situation and resisting impulse spending.
- Social - having people in your life and belonging within your community.
- Spiritual - drawing on your beliefs and values to give you guidance.
- Occupational - being happy and productive most days at work.
- Physical - getting exercise, sleep, and nutrition, as well as proper hygiene and care.
- Intellectual - seeking new information that can help a person to grow.
- Environmental - keeping work/home space clean, organized, and conserving energy while enjoying nature.

Make planning to work on each of these dimensions in your goal planning and find balance in wellness.