

Practicing the Six Dimensions of Wellness

January

Emotional

There are only two emotions—love and fear. All other emotion that is fear-based. There are three ways to deal and includes yelling, put-downs and hitting. Passive rumours or damaging property. Assertive anger is the statements to express how you feel. An example call to say you will be late for dinner.” This will benefits. The next time you feel angry, try to use the if you don’t get better results than usual.



emotions stem from these. Anger is an with anger. Aggressive anger is directed at others anger is internalized and is expressed by spreading best way to communicate your anger. It uses “I” would be, “I feel angry when you don’t convert a win-lose to a solution where everyone assertive model to communicate how you feel and see

Intellectual

Just like your body, your brain needs a daily workout to keep it functioning optimally. Read something outside of the genre you usually read. Do something with your left hand that you would normally do with your right hand such as brushing your teeth. Or visit www.lumosity.com. Exercising your brain every day can help to prevent dementia and Alzheimer’s disease. What are you going to do to exercise your brain?



Occupational



Our careers are important to us. They offer us and our families security, a certain standard of living and personal fulfillment. But when a job becomes just a paycheck we are robbing ourselves of occupational wellness. Has your job become just a paycheck? Is there a passion that you are neglecting that could be your next career? Is there a way to bring the challenge back to your existing job? Is there a skill you are missing to move up the ladder?

The beginning of a new year is a great time to reassess your career goals and take some step to have the career you’ve always wanted. You spend too much time at work to hate being there. Only action on your part will bring you occupational wellness.

What steps are on your action plan?

Just A Few Things...

Physical

Everyone is jumping on the exercise bandwagon spending money on gym memberships, exercise equipment and the right clothes to wear to the gym. In general, this is a good trend, but it loses its value when money goes down the drain and a few weeks of commitment turns into avoiding that street or that friend or lying to your significant other about your whereabouts during gym time. Let's move past the drama folks! Exercising must become a part of your lifestyle. It isn't a fad you do just to fit into the dress for the prom. Start small. Do something you love like dancing or roller skating or gardening. Every movement that is focused for 30 minutes three times a week coupled with healthy eating habits contributes to your overall physical wellness. So, pick something. Anything! What are you doing to stay physical?



Social

What have you done for your community lately?
Do you give your time, not your money, to a charitable organization?
What actions do you take to ensure the preservation of the environment?
When was the last time you had some good clean fun with family and friends?
Your social wellness depends on you taking an active part in the world around you and encouraging healthier living and better communication with those around you.
What are you doing to improve your social wellness?



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Spiritual



It doesn't matter whether you are a Christian, Muslim, Buddhist, or any of the other religions of the world. What matters is that you are open-minded and tolerant of other beliefs. It is also important to live each day in a way that is consistent with your values and beliefs than to do otherwise and feel untrue to yourself. Pray. Chant. Meditate. Or just express gratitude for all you have, all the good stuff to come and your spiritual cup will run over.

Words from the Wise

Here are a few thoughts to accompany you on your journey.

- **Phil Jackson:** The strength of the team is each individual member. The strength of each member is the team.
- **Louisa May Alcott:** It takes two flints to make a fire.
- **Michael Jordan:** Talent wins games, but teamwork and intelligence win championships.

If everyone is moving forward together, success takes care of itself.
Henry Ford