Pursuing Overall Wellness

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Emotional Wellness

- Emotional Wellness is a journey toward increased awareness, expression and acceptance of a wide range of thoughts and feelings in yourself and others.

- Optimal Emotional Wellness helps you achieve positive self-esteem, satisfying relationships, and resilience to meet life's challenges.

Spiritual Wellness

- Spiritual Wellness involves developing an inner connection and harmony between yourself and the wonder, majesty, and mystery of the universe.

- Optimal Spiritual Wellness can be achieved when our core values and beliefs tie us to a sense of something larger than ourselves and empower us to act according to those beliefs.

Intellectual Wellness

- Intellectual Wellness involves lifelong learning through your formal education and informal life experiences.

- Optimal Intellectual Wellness increases your openness to new ideas and your ability to maintain a sense of humor, creativity, and curiosity.

Physical Wellness

- Physical Wellness involves respecting your body's own uniqueness and diversity and engaging in practices that move you towards a higher level of health.

- Optimal Physical Wellness includes connecting with your physical self and avoiding harmful habits, while remaining focused on the balance of body-mind-spirit.

Environmental Wellness

- Environmental Wellness includes living in harmony with the earth by understanding the impact of your interaction with nature and your personal environment and taking action to protect the world around you.

- Optimal Environmental Wellness includes regular opportunities to relax, reflect, and restore all of our senses and to take actions to protect our natural environment.

Financial Wellness

- Financial Wellness is a state of healthy living through active pursuit of financial knowledge, planning, and goal setting.

- Optimal Financial Wellness is not about being wealthy; it consists of making sound financial decisions that allow you to live within your means and plan for your economic future.

Occupational Wellness

- Occupational Wellness allows us to express talents, passion, and personal values.

- Optimal Occupational Wellness is nurtured by matching your core values with interests, hobbies, employment, volunteer activities, and community service.

Social Wellness

- Social Wellness means being aware of, interacting with, and feeling connected to your community.

- Optimal Social Wellness is enhanced by establishing supportive social networks that include meaningful relationships, respect, and mutual trust in a context of conscious interdependence.

What gets in the way of your being well?

General Stress

- Pressure

- Relationship problems

- Work problems

- Disappointment

- Resentment

Cumulative Stress

- Burnout or chronic stress

- Symptoms

  - Emotional exhaustion ("I'm done")

  - Depersonalization (miss the people behind the pain)

  - Reduced sense of accomplishment ("Does what I do even matter?")

Compassion Fatigue

- Results from strong connection to trauma survivor

  - Witnessing the suffering of other

  - Something that hits too close to home

- Also called the "cost of caring"

Post-Traumatic Stress

- Stress resulting from a critical incident powerful enough to overwhelm the usual coping abilities of those involved

Three Stress Reactions

- Eustress = motivating stress

- Distress = excessive stress

- Dysfunction = overwhelming stress

How can you tell?

- In a word…change!

Distress

- What does having excessive stress look like?
  - Physically
  - Cognitively
  - Emotionally
  - Behaviorally
  - Spiritually

Resilience

- The ability to successfully adapt to stressors, maintaining psychological well-being in the face of adversity

Enhancing Resilience

- Calm, optimistic
- Manage stress
- Prepare for crisis
- Take action

- Social support
- Self-esteem
- Ready to recover

Reaching out for help

VFR

- Chaplain
- Peer Support
- Mental Health Resource Guide