



the local coordinating council for a
drug-free Dearborn County

Welcome to
wellness



But still, like air, I rise. ~Maya Angelou

At our March 2020 coalition meeting, we began working on an "8 Dimensions of Wellness" campaign, based on the Substance Abuse and Mental Health Administration's (SAMHSA) dimensions of wellness. As I began putting together the collaboration, our world began to face the seriousness of COVID-19. The past two weeks have been filled with so many unknowns and a mix of emotions; anxiety, fear, anger. But with these unknowns I have also seen hope, connections, and community.

As we adjust to being "healthy at home", I believe we are finding so many things we might have neglected along the way in our otherwise busy lives. Family game nights, the value of saying hello to our neighbors as they walk by, appreciating the sun, and spending some time to "just be" with those around us.

What an appropriate time to dig into and begin to nurture our own 8 Dimensions of Wellness. Next week, beginning on Sunday, March 29th, 2020, we will start a week-long "8 Dimensions of Wellness" campaign. We will have videos, local resources, tips, and tricks to explore and nurture one dimension each day.


In lieu of our regularly scheduled meeting on Monday, April 6th, 2020, we will randomly choose FOUR people who participated in our challenge to receive a \$50 gift card.

Follow us on Facebook to stay up to date. We will send out an email on Sunday morning with the finer details and post them to our social media sites as well.

Until then, *Be Well*
DEARBORN COUNTY

Truly,
Bevin Van Wassenhove, Director
CASA

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the local coordinating council for a
drug-free Dearborn County



Welcome to wellness

In standing with our community coalition's mission to "empower Dearborn County citizens to choose safe and healthy choices, free from the harms of alcohol and other drugs" we introduce to you our Wellness Initiative.

In alignment with the Substance Abuse and Mental Health Services Administration (SAMHSA), we pledge to promote wellness by motivating individuals, organizations, and our community to take action and work toward improved quality of life, heart health, and increased years of life.

What is wellness?

Wellness is not just the absence of a disease, illness, or stress, but the presence of:

- ~ Optimal physical and behavioral health
- ~ A purpose in life
- ~ Active involvement in satisfying work and play
- ~ Healthy and supportive relationships
- ~ Overall happiness

SAMHSA has created 8 different social factors that can effect our overall wellness; which can either promote or hinder social inclusion.

Join us as we explore the 8 Dimensions of Wellness. We can all play a role in building a healthy, holistic, and inclusive community.

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the local coordinating council for a drug-free Dearborn County

Be Well

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coping effectively with life and creating satisfying relationships

a pleasant and stimulating environment that supports well-being

satisfaction with current and future financial choices



Emotional

Financial

Environmental

8

DIMENSIONS

of

wellness

developing a sense of connection, belonging, and a well-developed support system

Social

recognizing creative abilities and finding ways to expand knowledge and skills

Intellectual

recognizing the need for physical activity, diet, sleep, and nutrition

Physical

personal satisfaction and enrichment from one's work

Occupational

expanding our sense of purpose and meaning in life

Spiritual

Find out more:

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Emotional



*Coping effectively with life and
creating satisfying relationships*

- Be aware of your feelings**
- Express your feelings to
people you trust**
- Seek support with
upsetting emotions**
- Learn your strengths and
things you want to improve**

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Coping effectively with life and creating satisfying relationships

Emotional

Being emotionally healthy doesn't mean that you never have negative emotions- more so it's about being able to recognize the emotions you are feeling and deal with them in a healthy manner.

Take some time to evaluate situations that you find challenging or hard to back bounce from, then brainstorm ways that you can handle them differently.

Make a list of your support system- reach out to them, let them know that you value them.

Make a list of things you do when you're upset- are they healthy coping skills? If not, write down healthy alternatives.

NEVER feel ashamed or scared to reach out for help. Understand that it is a sign of strength to recognize your vulnerabilities.

6. Take a break for five minutes, close your eyes and take deep breaths
7. Write down five things you're grateful for
8. Remind yourself that you are a resilient person



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Financial



*finding satisfaction with your current
and future financial situation*

- Be creative about budgeting
and spending*
- Meet with someone who
specializes in helping people with
their finances at no or low cost*
- Explore ways to save for your
future, from a money jar to a
savings account*

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Financial


Finding satisfaction with your current and future financial situation


 According to the American Psychological Association, 62% of Americans report being stressed about money, you are NOT alone!

Creating a budget and sticking to it is important! There are a lot of free resources available on the internet.



 Evaluate your relationship with money. What value do you place on it? What does it mean to you?

 Educate yourself about money management. Developing financial literacy- the ability to use knowledge and skills to manage your financial resources effectively, is the first step.

 Understand the factors that influence your money-making decisions. How do your finances align with your overall goals? Do certain areas of your spending cause you stress? Where can you improve?



6. Check out www.in.gov/sos/moneywise4130.htm

Great basic resources to get started!

7. Write down 5 financial goals: for the week, for the month, for the year!

8. Do not be afraid to ask for help. And do not give yourself a hard time if you're struggling. Every little effort counts!



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Social



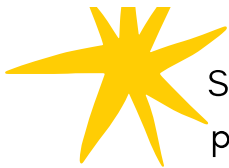
*developing a sense of connection, belonging,
and a well developed support system*

- Make a list of supportive family,
friends, co-workers, and peers*
- Make at least one connection
each day by calling, emailing, or
visiting someone*
- Join a club, social group, or
volunteer group*
- Get involved in a support group*



Social

developing a sense of connection, belonging,
and a well developed support system

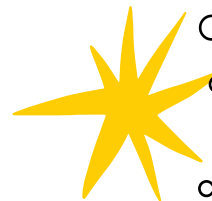


Social wellness is all about having a sense of community- at work, in your personal life, or both! Belonging to something helps you feel connected.

Focus on others and not on yourself. Random acts of kindness can go a long way. Wave at someone, hold the door open, smile at a stranger.



Start with thinking about what interests you- chances are there are others in our community that have the same interests too!



Check out the resources that are available in our community. Our local library has activities that cover a broad range of interests!



Nurturing your "social wellness" can be difficult for shy individuals. Making connections can be done in small steps and simple gestures.



6. Has the busyness of life caused you to lose connections you value? Set aside a few minutes send a quick "Hi, how are you?"
7. There are SO many different organizations that need volunteers. Providing your time to something you care about doesn't have to be time consuming- think quality over quantity.
8. Are you an introvert? How can the other dimensions help you build positive social connections?



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Spiritual



*expanding your sense of purpose
and meaning in life*

- Make time for practices that enhance your sense of connection to yourself, nature, and others
- Discover what values, principles, and beliefs are most important to you
- Find a community whose spiritual outlook you share
- Help others when they are in need

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expanding your sense of purpose
and meaning in life

Spiritual

Spiritual wellness is a personal one, it involves defining one's own values and beliefs in order to find meaning and purpose in life.

No matter how you define spirituality, it is about an awareness of the relationship between yourself and the world around you.

Spirituality can be connecting to an organized religion which helps you establish kindred connections.

Developing your spiritual wellness can also be engaging in alternative activities, such as meditation, yoga, or group study.

Spirituality is a moving inward that balances with moving outward. Once you develop an individual spirituality and purpose, it has to go somewhere. It's important not to be satisfied in just yourself but show it in action.

6. Practice gratitude. Use a journal for self-reflection. Say out loud what you are grateful for in this very moment.
7. Take a walk outside, spend some time looking around at nature.
8. Spiritual wellness needs to be intentionally cultivated. What speaks directly to you? What has worked for you in the past and what has not?



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Occupational



*getting personal satisfaction and enrichment
from your work and hobbies*

- Explore career or volunteer opportunities in an area you are passionate about
- Communicate with others regularly and get support when needed
- Consider taking breaks
- Learn from mistakes- everyone makes them



Occupational

getting personal satisfaction and enrichment from your work and hobbies



Many of us spend at least eight hours a day, five days a week, at work. Making sure this space is healthy and safe is very important.

Occupational wellness results in employees who are healthier and more productive.



Are you personally connected to your work? Do you have personal satisfaction with the tasks you complete?



When we are unhappy at work, it can filter into our personal lives? What are 5 things you want to improve?



How do the things that you are passionate about carry into your work life and satisfaction? What are 5 things you are grateful for in your work life?



6. Establish a work/life balance. No matter how much you love your job, you can't let it consume you. Make sure you give time to other dimensions in your life.

7. Take some time to connect with your co-workers. Invite a group to take a walk around the block with you at lunch.

8. Are there any skills or knowledge that you could work on to increase your abilities at work? Are there trainings or professional development opportunities that you can engage in?



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Physical



*recognizing the need for physical activity,
diet, sleep, and nutrition*

- Stay active- take the stairs
instead of the elevator**
- Make healthy food choices**
- Get enough sleep**
- See your primary care doctor
regularly**



recognizing the need for physical activity, diet, sleep, and nutrition

Physical

Physical wellness is about so much more than what we tend to focus on- our weight.

When was the last time you received a physical from your primary care doctor? If it's been a while- make scheduling one a priority.

Fitness is about cardiovascular health, weight bearing activities, and flexibility. You need all three to maintain a healthy fitness.

Developing physical wellness will take time- it's not a quick fix. Start with tracking your physical activity, eating habits, and sleep patterns.

Set SMART goals!

Specific, Measurable, Attainable, Realistic, and Time-Based

6. Physical activity- what are you doing now? What SMART goal can you set to improve your physical activity habits?
7. Nutrition- what are your eating habits? What SMART goal can you set to improve your daily nutrition?
8. Sleep- how are you sleeping these days? Establish a nighttime routine that helps you get ready for a good night's rest.



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Intellectual



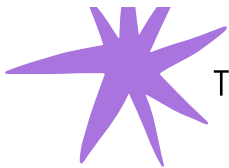
recognizing creative abilities and finding ways to expand knowledge and skill

- See what kind of skills training might be available at the public library
- Find a book or book series that interest you
- Explore public events in your community by checking out the newspaper
- Befriend people who can stimulate your mind



Intellectual

recognizing your creative abilities and finding ways to expand knowledge and skills

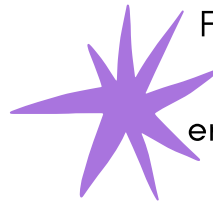


Taking part in activities to learn new skills and expand your knowledge is what intellectual wellness is all about.

Take around 15-30 minutes each day doing something to engage your mind- reading the news, taking a class, tackling that book you've been wanting to read, or anything else that interests you!



Expanding your knowledge can help increase your self-confidence.



Feeling energized about a new interest can help you feel enthusiastic about other aspects in your life!



What is something you've been wanting to do but feel like you just don't have the time or talent? Don't let negative self-talk stop you from exploring your interests!



6. Make a list of things that pique your interest. Let it flow freely, don't let insecurities or any other excuses in your head stop you from writing it down!
7. Choose two things from that list that you want to prioritize. Research opportunities to explore those interests.
8. Reach out to others with your ideas- there are sure to be others in our community that have the same interests that you can work and grow with.



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Environmental



*achieving good health by occupying pleasant,
stimulating environments that support well-being*

- De-clutter, donate, and
recycle things you don't
need*
- Appreciate nature*
- Seek out experiences
that have a calming
effect*

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Environmental

achieve good health by occupying pleasant, stimulating environments that support your well-being

Environmental wellness encompasses much more than doing our part to preserve the Earth.

Environmental wellness also includes being in harmony with our environment- our home, our workspace, etc. Our natural and built environments can positively and negatively affect the health of ourselves and our community.

Having access to clean water and air, having adequate heating and sanitation, avoiding exposure to hazardous substances, are certainly important!

The ways we interact with our environment can also have an affect on our well-being!

A person's experience in healthy environments, nature and being active in a quality natural environment, can promote mental and physical health.

6. Take an inventory of your environmental surroundings and find ways to improve it. Do you need to change your air filters? Can you take 30 minutes to de-clutter your work space or junk drawer?
7. Take a walk outside- in your neighborhood or on a trail. Seeing and greeting others, being exposed to nature and being active, is a prescription for being and staying healthy.
8. Take some time to clear out items in your house that are no longer needed- make different piles. What can be donated? What can be recycled?



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