



THRIVING TOGETHER
EMBRACING THE 8 DIMENSIONS OF
WELLNESS FOR BALANCED LIVING

Presented by Katie Skora

AGENDA



Explore the 8 dimensions of wellness.



Learn practical strategies to help you thrive both personally and professionally.



Reflect on your current level of wellness in each dimension.

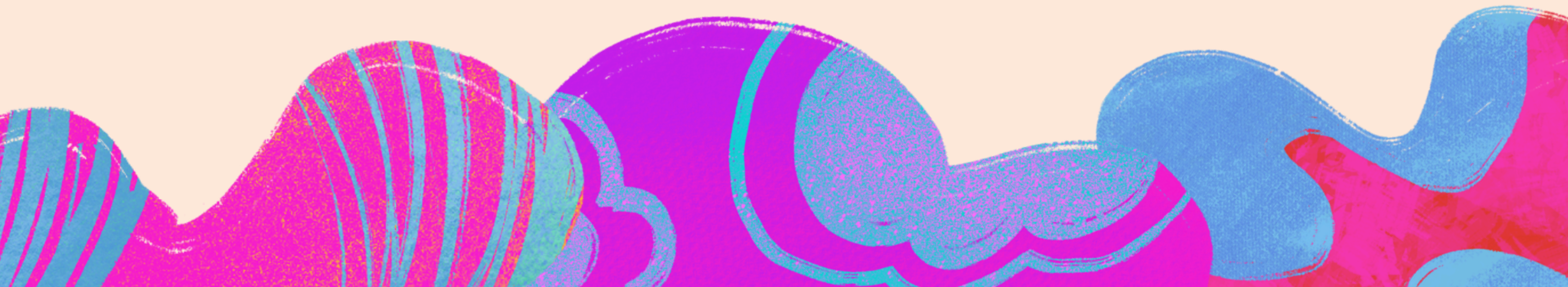


Set specific, achievable goals to improve your wellbeing in identified areas.

NAVIGATING WELLNESS IN A FAST-PACED WORLD

Challenges of Modern Life

The Importance of Wellness





8 DIMENSIONS OF WELLNESS

Physical

Emotional

Intellectual

Social

Environmental

Financial

Spiritual

Occupational

PHYSICAL WELLNESS

Definition: The ability to maintain a healthy body through regular exercise, a balanced diet, and adequate sleep.



Exercise Regularly

Aim for at least 30 minutes of moderate activity daily.



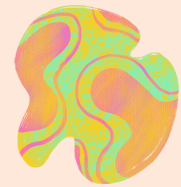
Nutrition

Focus on whole, nutrient-rich foods; reduce processed food intake.



Sleep

Prioritize 7-9 hours of quality sleep per night.



Routine Check-ups

Regular health screenings and self-care practices.

EMOTIONAL WELLNESS

Definition: The ability to understand, manage, and express your emotions in healthy ways.



Self Awareness

Recognize and acknowledge your feelings without judgment.



Stress Management

Practice relaxation techniques like meditation, yoga, or deep breathing.

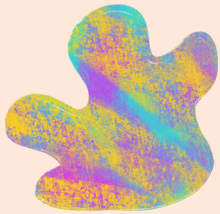


Emotional Support

Build a support network of friends, family, or professionals to share your feelings.

INTELLECTUAL WELLNESS

Definition: Engaging in creative and stimulating activities that expand your knowledge and skills.



Continuous Learning

Pursue hobbies or educational opportunities that challenge your mind.



Critical Thinking

Stay curious and approach challenges with an open mind.



Problem Solving

Use challenges as opportunities to grow intellectually.

SOCIAL WELLNESS

Definition: The ability to form meaningful relationships and maintain a strong support network.



Build Relationships

Connect with others through shared interests, activities, and communication.



Healthy Boundaries

Recognize and maintain boundaries in your personal and professional relationships.



Community Engagement

Participate in social or community activities to foster a sense of belonging.

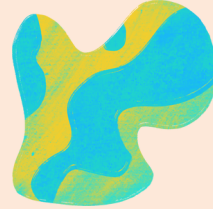
ENVIRONMENTAL WELLNESS

Definition: Living in harmony with your surroundings and creating a healthy, sustainable environment.



Declutter Your Space

A clean, organized environment can enhance mental clarity and reduce stress.



Sustainable Practices

Make environmentally conscious choices (e.g., recycling, reducing waste, using eco-friendly products).



Nature Connection

Spend time outdoors to rejuvenate and connect with the natural world.

FINANCIAL WELLNESS

Definition: The ability to manage financial resources effectively, allowing you to live within your means and plan for the future.



Budgeting

Create and stick to a monthly budget that accounts for savings, expenses, and investments.



Debt Management

Minimize high-interest debt and create a plan to pay it off.

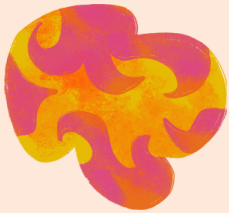


Financial Planning

Plan for long-term goals, such as retirement and emergency savings.

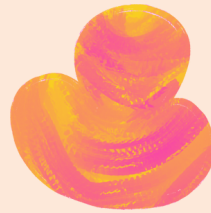
SPIRITUAL WELLNESS

Definition: Finding meaning and purpose in life, aligning your values with your actions.



Self-Reflection

Regularly reflect on your values and beliefs.



Mindfulness Practices

Engage in meditation, prayer, or other spiritual practices to deepen your connection with yourself.

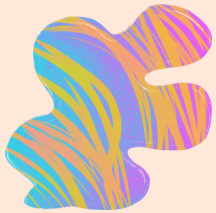


Purposeful Living

Align your actions with your values to create a sense of fulfillment.

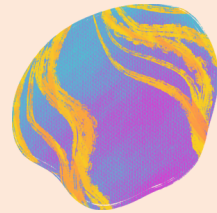
OCCUPATIONAL WELLNESS

Definition: The ability to find personal satisfaction and enrichment in your work while maintaining a healthy work-life balance.



Work-Life Balance

Set boundaries to avoid burnout and prioritize personal time.



Professional Development

Seek opportunities for growth and advancement within your career.



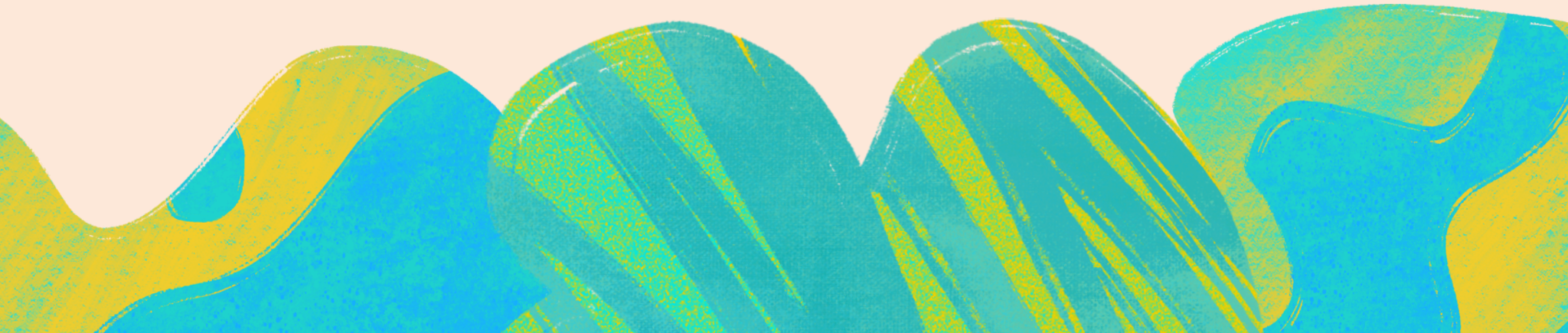
Job Satisfaction

Engage in work that aligns with your skills, passions, and values.

THE INTERCONNECTION OF WELLNESS DIMENSIONS

Holistic Approach

Balanced Approach



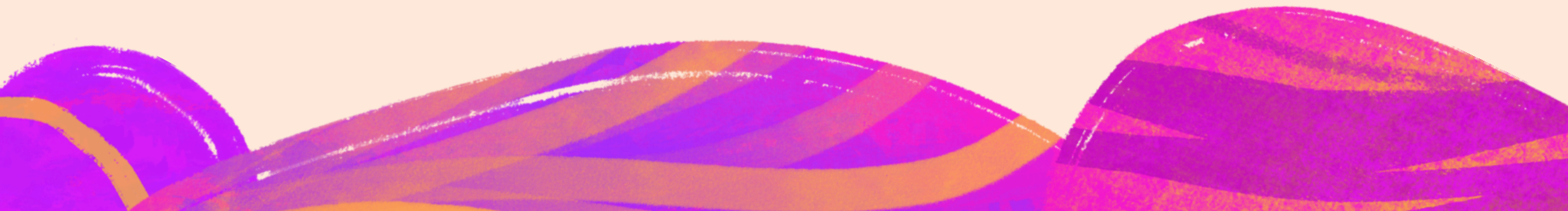
PRACTICAL TIPS FOR INTEGRATING WELLNESS INTO YOUR DAILY LIFE

Start Small

Prioritize Self-Care

Find Support

Be Kind to Yourself

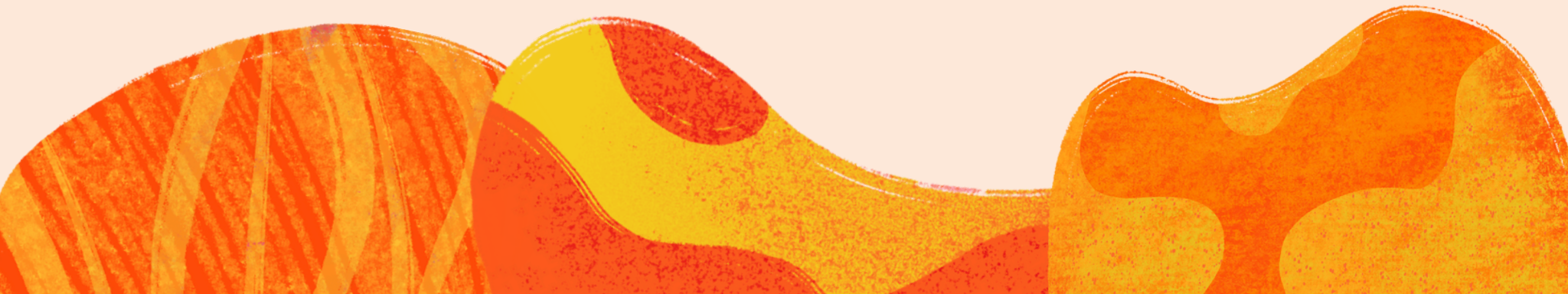




ACTIVITY

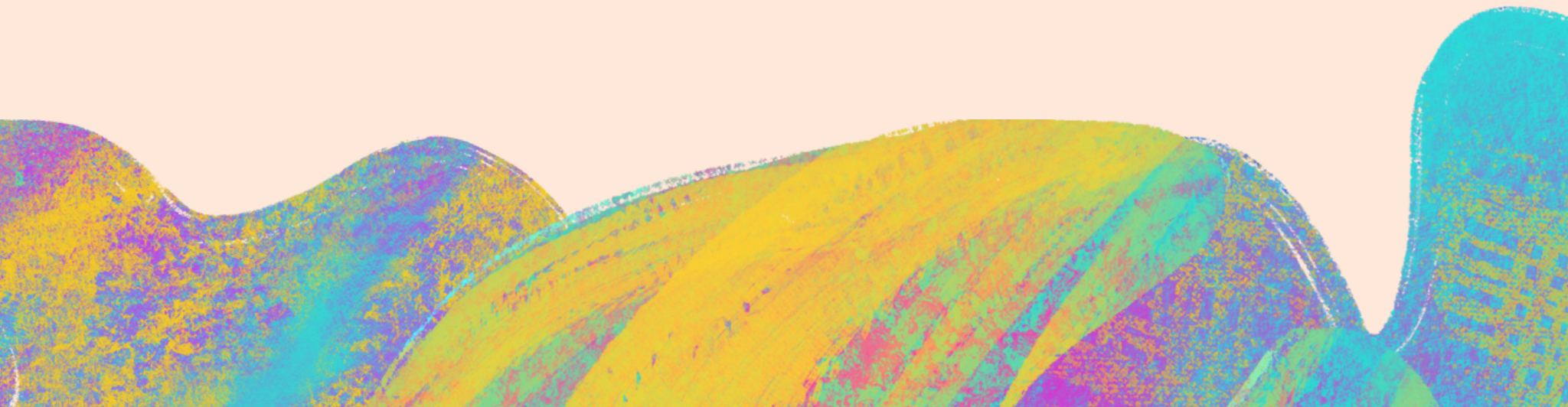
WELLNESS SELF-ASSESSMENT

- 1. Reflect on your current level of wellness in each dimension.**
- 2. Rate yourself on a scale from 1-5 (1 being “needs improvement” and 5 being “excellent”).**
- 3. Color in each section of the wheel based on your self-assessment.**



WELLNESS GOAL SETTING

- 1. Based on your self-assessment, choose three sections you would like to improve upon.**
- 2. Set one achievable goal for each section you are looking to improve.**



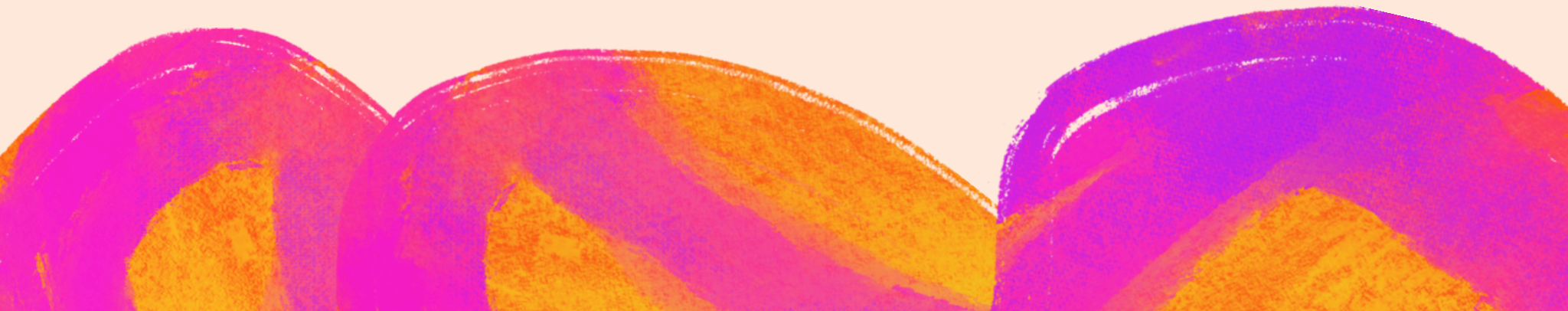
WELLNESS GOAL SETTING

1. Find a partner or group and discuss the following:

a. one area that needs improvement

b. what are some roadblocks to overcome

c. your goal to improve that area





THANK YOU!

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