





Wellness in Action





Wellness in Action



How is wellness
defined?

Why is it important to
adult learners?



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WELLNESS



Wellness in Action



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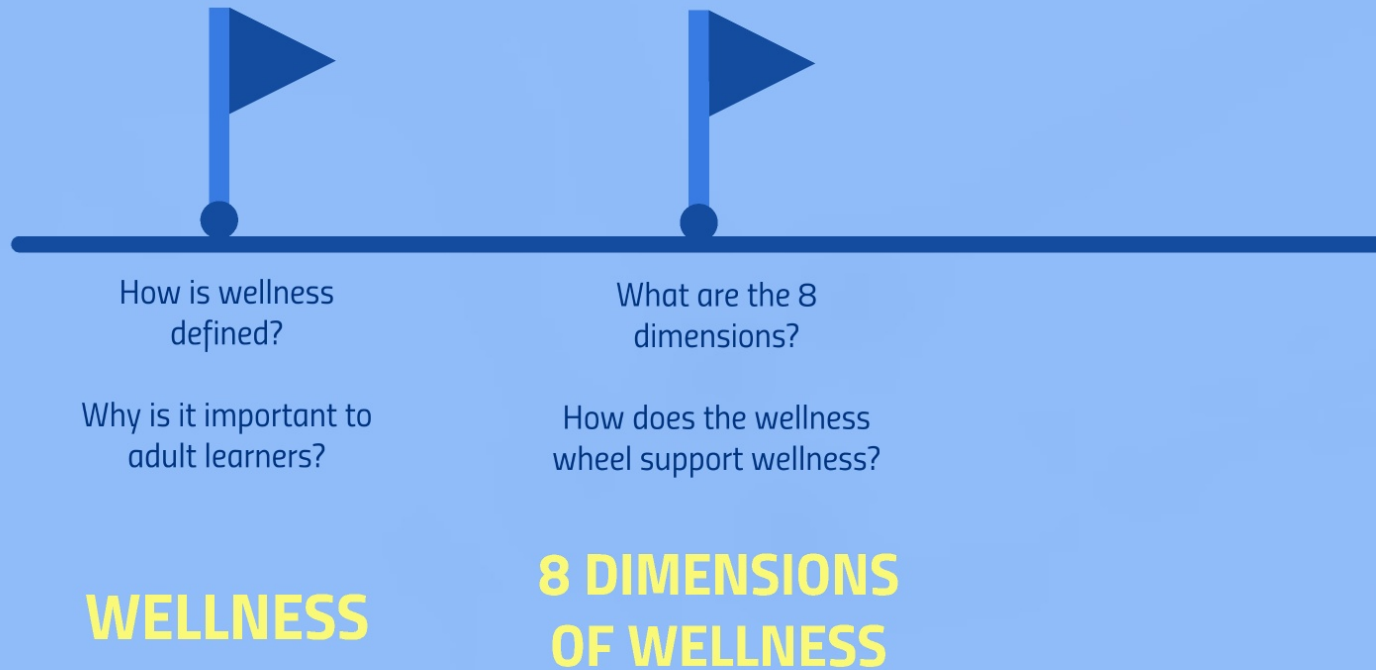


What are the 8
dimensions?

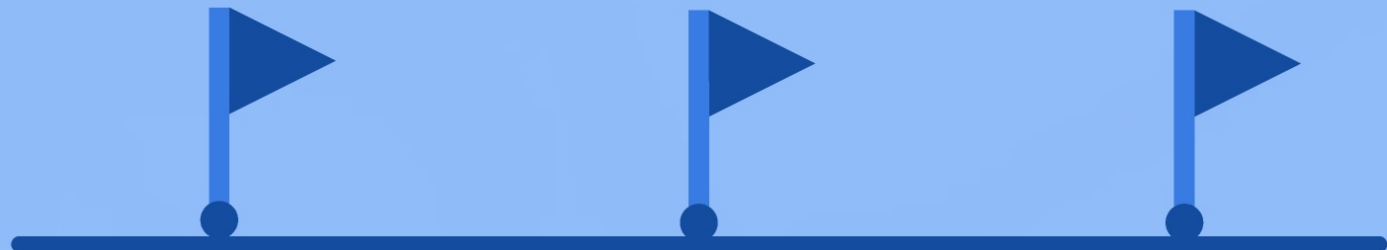
How does the wellness
wheel support wellness?

WELLNESS

Wellness in Action



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WELLNESS

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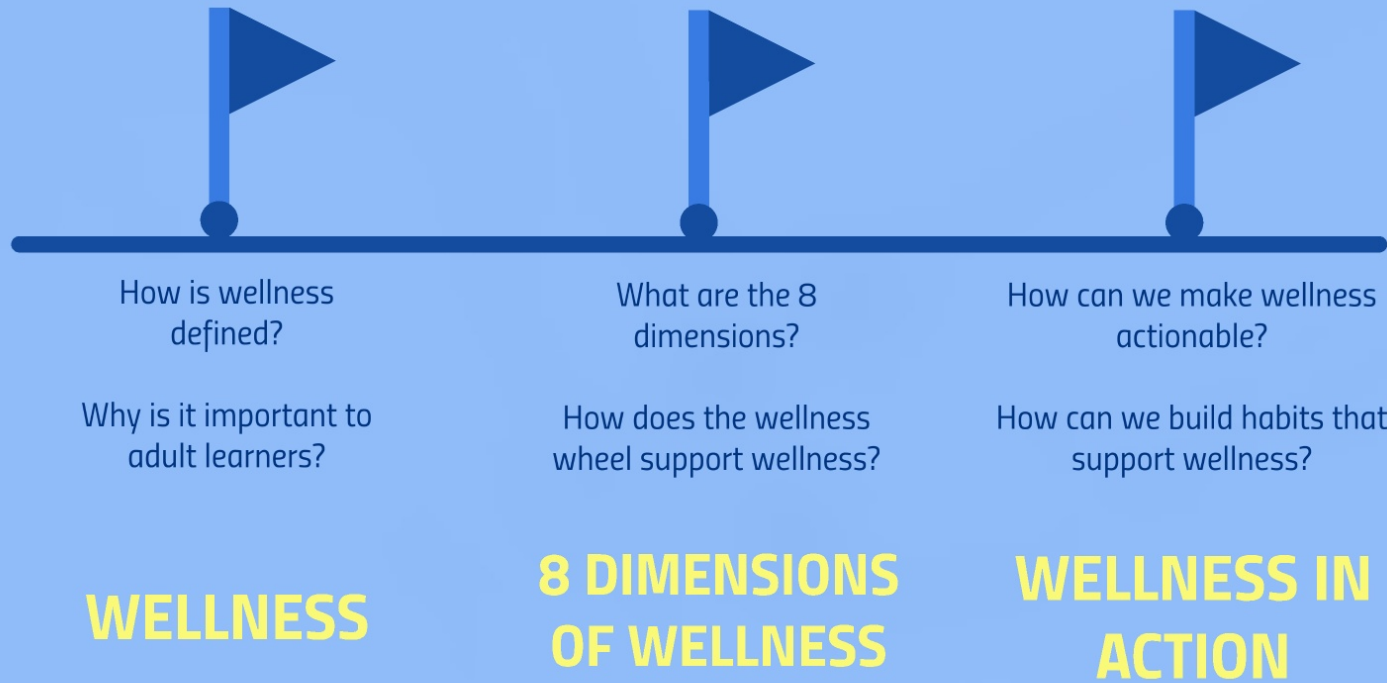
How does the wellness
wheel support wellness?

**8 DIMENSIONS
OF WELLNESS**

How can we make wellness
actionable?

How can we build habits that
support wellness?

Wellness in Action



Wellness in Action

Who is here this evening?

What interests you in wellness?



Defining Wellness

World Health Organization - "a complete state of physical, mental, and social wellbeing, ***not merely the absence of disease*** or infirmity."

The National Wellness Institute - "a conscious, self-directed and evolving process of achieving full potential."

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Lifelong process of making decisions that support a more balanced life and enable you to maximize your potential.

Wellness Matters...

optimal level of wellness is absolutely crucial to live a **higher quality life**

everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions.

achieve optimal wellness in order to **subdue stress, reduce the risk of illness and ensure positive interactions**



A glimpse into adult literacy learners...

4x

Poor health
Access to healthcare
Quality of information



3x

Poverty
Food insecurity
Lack basic necessities



2x

Unemployed

Reference: COABE Fact Sheet 2019



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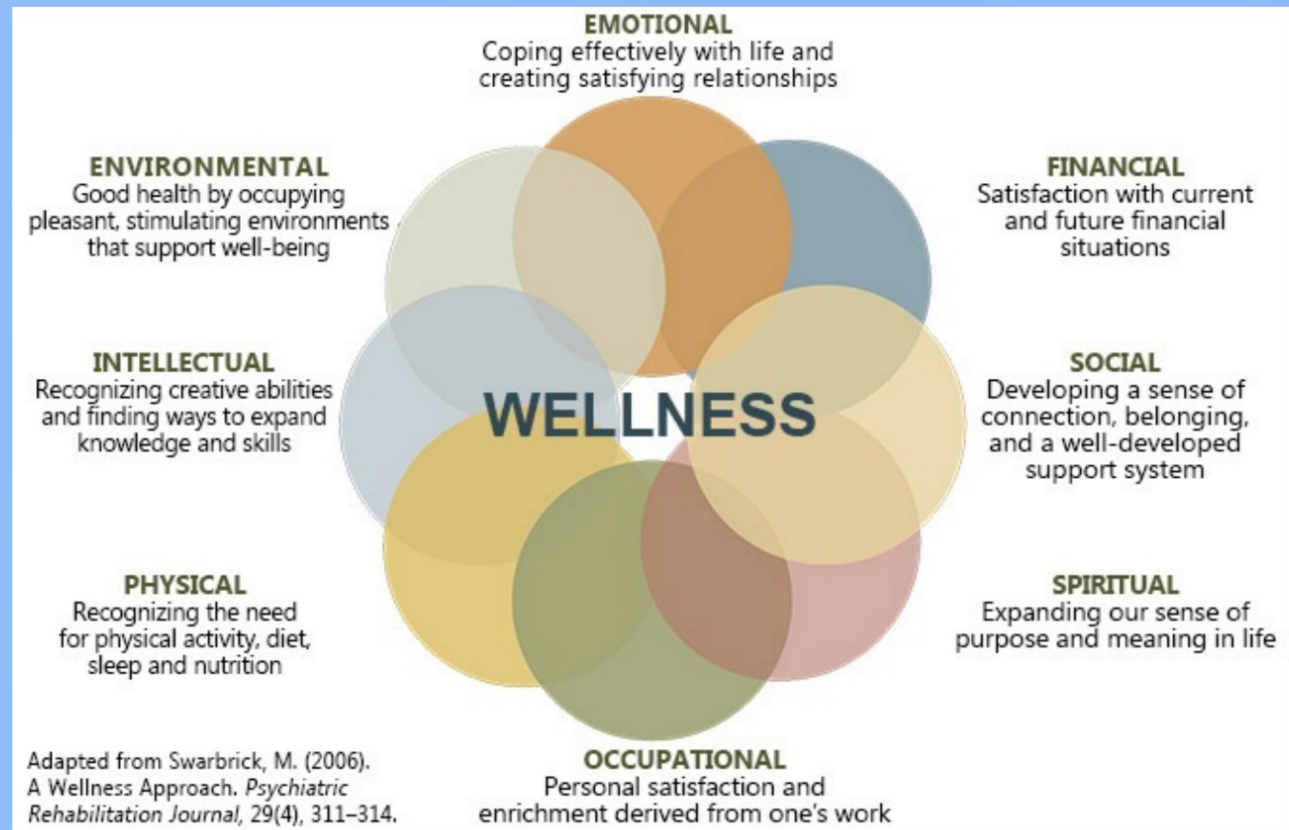
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Wellness Wheel



Wellness Wheel

Holistic integration

Attention to all, but **not** equal attention to all.

Reflects our personal preferences through our priorities, approaches, and aspirations.



References

Stoewen, D. (2017). Dimensions of Wellness: Change your habits, change your life. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>

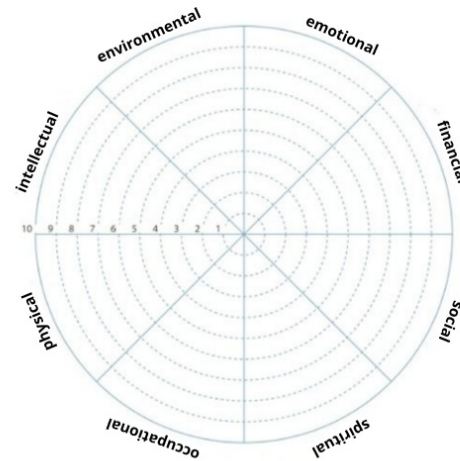
Wellness Wheel & Assessment (2019). Princeton University UMatte: Actively caring for yourself and others. Retrieved from <https://umatter.princeton.edu/action-matters/caring-yourself/wellness-wheel-assessment>

Wellness Wheel

The Wellness Wheel illustrates a wellness model with eight dimensions: **emotional**, **financial**, **social**, **spiritual**, **occupational**, **physical**, **intellectual**, and **environmental**.

Instructions:

As we discuss each dimension, determine your level of satisfaction with each. Use a 1 – 10 scale, where 1 indicates a low level of satisfaction and 10 indicates a high level of satisfaction. Shade in the appropriate areas of the circle for each dimension.



NOTES:

- All of the dimensions are interconnected and important to a well-rounded and balanced lifestyle.
- Everyone's wheel will look different as it reflects our personal preferences through our priorities, approaches, and aspirations.

Elen Beattie - LABOR Virtual Training Institute 2019

Emotional Wellness



Emotional Wellness

Understanding your own feelings and expressing emotions in a constructive way

Having the ability to deal with stress and cope with life's challenges

Appreciating the feelings of others

Feeling positive and enthusiastic about life



Environmental Wellness



Environmental Wellness

Understanding how your social, natural, and built environments affect your health and well-being

Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment

Demonstrating commitment to a healthy planet

Fostering a safer and healthier environment for others



Intellectual Wellness



Intellectual Wellness

Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges

Engaging in creative and mentally-stimulating activities

Expanding your knowledge through cultural, artistic, or skill-based learning

Sharing knowledge and skills with others



Physical Wellness



Physical Wellness

Making choices to avoid harmful habits

Practicing behaviors that support your physical body, health, and safety - both now and in the future



Occupational Wellness



Occupational Wellness

Getting personal fulfillment from your job or professional pursuits

Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle

Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding

Maintaining a work-life balance



Spiritual Wellness



Spiritual Wellness

Finding purpose, value, and meaning in your life with or without organized religion

Feeling connected to something larger in life

Considering what is important in life - who am I, what do I value, where do I fit in



Social Wellness



Social Wellness

Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you

Contributing to your community

Dealing effectively with interpersonal conflict



Financial Wellness



Financial Wellness

The ability to connect financial knowledge to specific actions to attain financial security and reduce financial stress

Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals

Preparing for short-term and long-term needs or emergencies

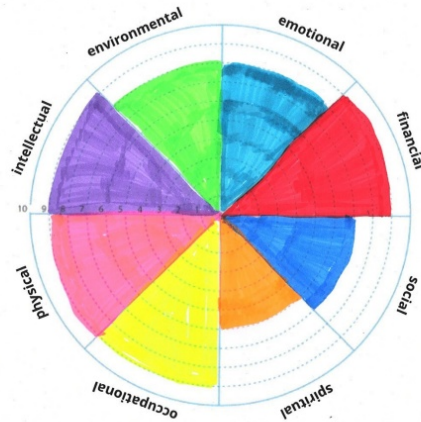


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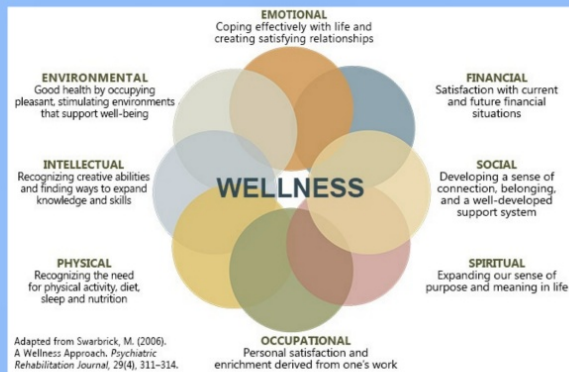
Classroom Implementation

Classroom Implementation

Wellness Wheel

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Classroom Implementation

NIH Resources

Wellness Wheel

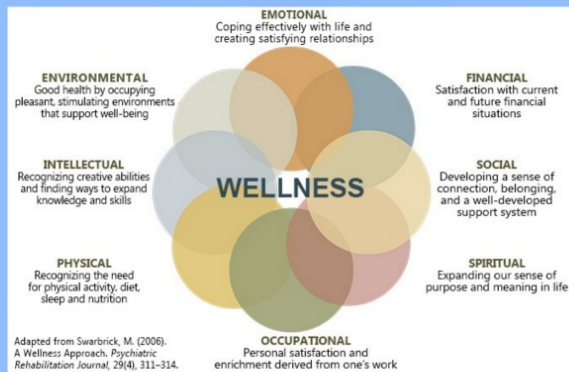


Classroom Implementation

NIH Resources



Wellness Wheel



Classroom Implementation



Wellness Wheel



YOUR HEALTHIEST SELF

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



MAKE CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

- To find new social connections:**
- ☐ Join a group focused on a favorite hobby.
 - ☐ Take a class to try something new.
 - ☐ Try yoga, tai chi, or another new physical activity.
 - ☐ Join a choral group, theater troupe, band, or art studio.
 - ☐ Help at a community garden or park.
 - ☐ Volunteer at a school, library, or hospital.
 - ☐ Participate in neighborhood events.
 - ☐ Join a local community group.
 - ☐ Travel to different places and meet new people.



TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

- To take care of yourself while caring for others:**
- ☐ Ask for help. Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
 - ☐ Make to-do lists, and set a daily routine.
 - ☐ Try to take breaks each day.
 - ☐ Keep up with your hobbies and interests when you can.
 - ☐ Join a caregiver's support group.
 - ☐ Eat healthy foods, and exercise as often as you can.
 - ☐ Build your caregiver skills. Some hospitals offer classes on how to care for someone with an injury or illness.

For other wellness topics, please visit www.nih.gov/wellnesschecklists



Information on this page

Classroom Implementation



Role modeling

Wellness Wheel



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NIH Publications (NIH)

continued on next page



Now what?

Self-regulation

- ~ controlling one's behaviors, emotions, and thoughts
- ~ allows us to act in alignment with our short- and long-term goals



Self-regulation

- ~ controlling one's behaviors, emotions, and thoughts
- ~ allows us to act in alignment with our short- and long-term goals

~ requires mental energy



Habits & Wellness



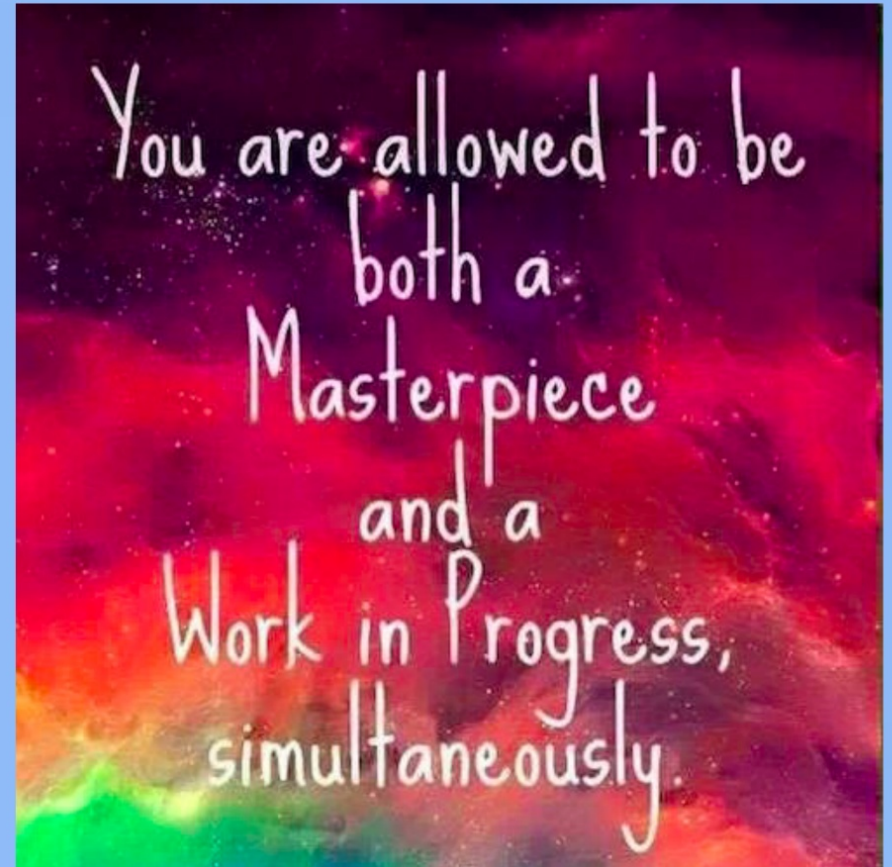
The power of habits

Brain & habits

Keystone habits

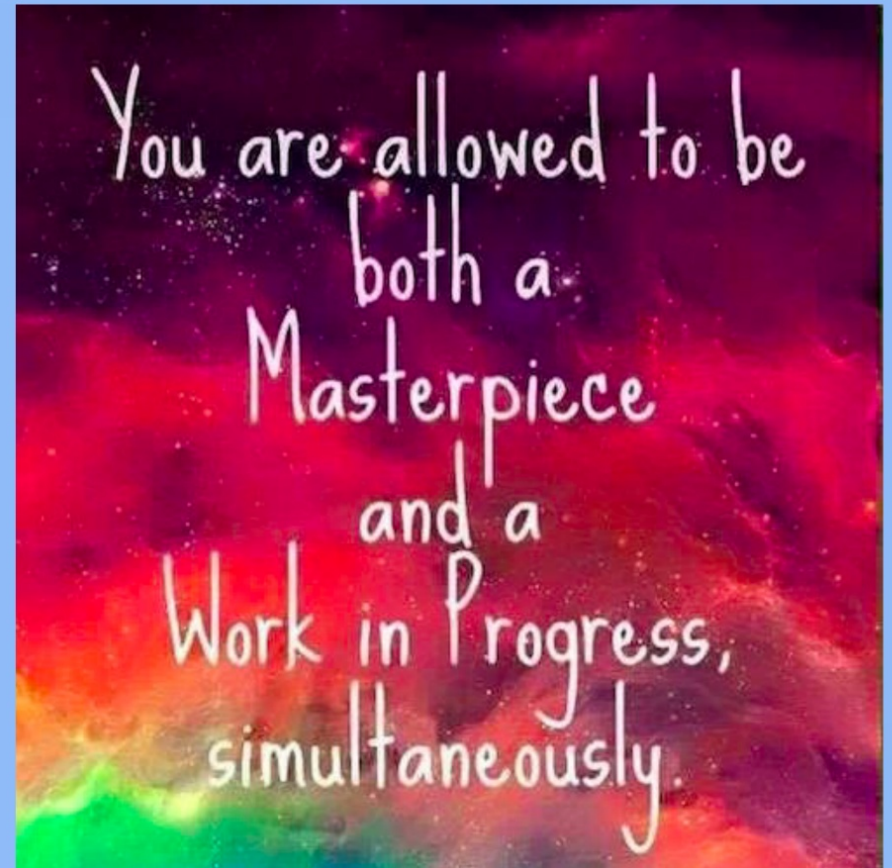


The POWER of habits



The POWER of habits

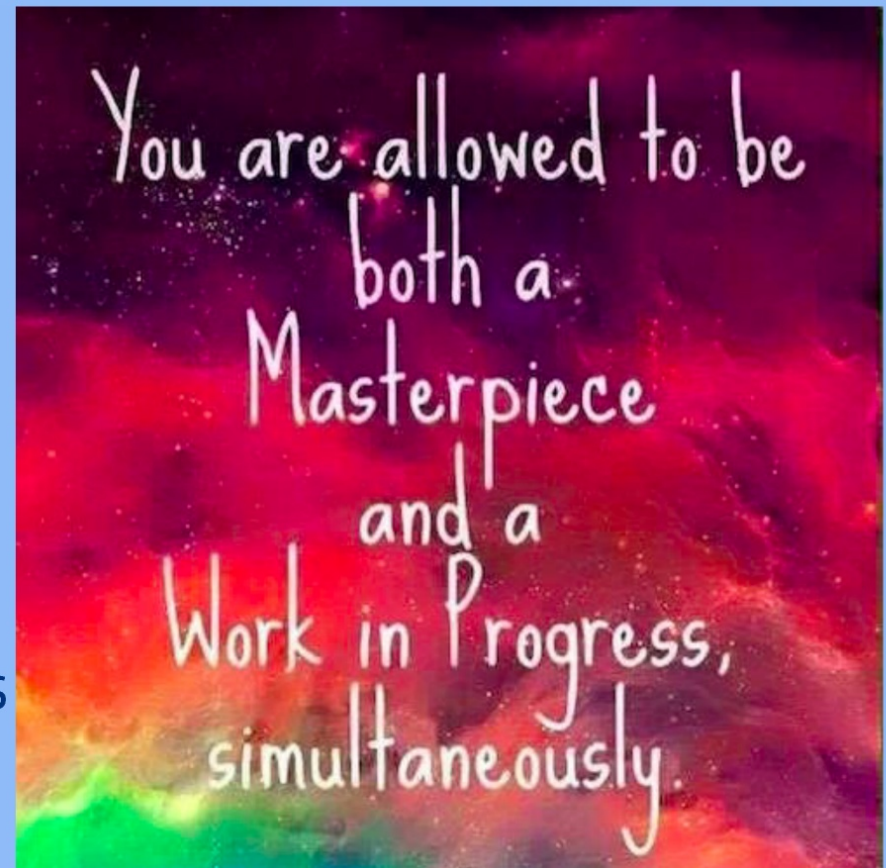
Automatic &
Unconscious -
Rigid



The POWER of habits

Automatic &
Unconscious -
Rigid

Support long-term goals

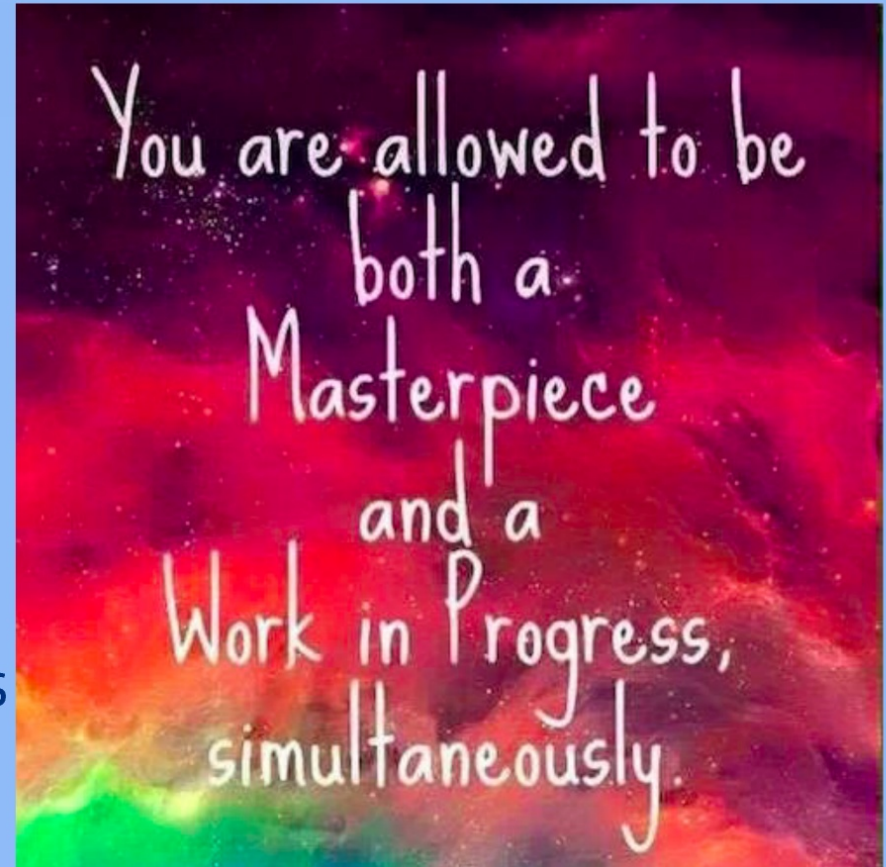


The POWER of habits

Automatic &
Unconscious -
Rigid

Support long-term goals

Immediately
actionable



SCIENCE of habits



Long-term potentiation

SCIENCE of habits



Long-term potentiation

SCIENCE of habits



Long-term potentiation

Goal directed v.
habitual behavior

SCIENCE of habits



Long-term potentiation

Goal directed v.
habitual behavior



SCIENCE of habits



Long-term potentiation

Goal directed v.
habitual behavior



SCIENCE of habits



Long-term potentiation

Goal directed v.
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Dopamine

SCIENCE of habits



Long-term potentiation

Goal directed v.
habitual behavior



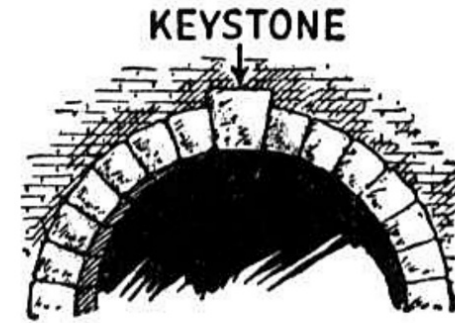
Dopamine

Keystone Habits

Identify habits that lead to success

Habits correlated with other good habits

Create a chain reaction



Keystone Habit

Keystone Habit

Exercise

Keystone Habit

Nutritional food choices

Exercise

Keystone Habit

Less stress
More patience
More productive at work

Nutritional food choices

Exercise

Keystone Habit

Less stress
More patience
More productive at work

Better sleep
Better mood
More confidence

Nutritional food choices

Exercise



KEYSTONE HABITS

in education



PLATFORM & INFLUENCE

INTENTION

FULL POTENTIAL

With intention, we use our platforms and our influence to support learners to maximize their full potential.

