FOCUS ON HEALTH & WELLNESS

Eight Dimensions of Health & Wellness

1. SPIRITUAL - Includes faith, prayer, meditation Professing personal faith and belief in Christ Making choices from a faith commitment perspective Accepting personal responsibility for those choices

2. MENTAL - Includes intellect, will, and feelings Growth in self-understanding affirmation Learning to express anger constructively Responding positively to life experiences

3. RELATIONAL - How well do we manage family, church, community? Building strong relationships within family, church and community Sharing in one-to-one and group situations

4. VOCATIONAL - How do we handle our finances, work, leisure? Finding satisfaction in a chosen vocation Balancing work, service and leisure time

5. PHYSICAL - Relates to exercise and nutrition. Respecting, accepting and enjoying the body providing sufficient exercise and nutrition for daily fitness

6. PSYCHOLOGICAL - How easy is it for us to change? To deal with stress? Possessing inner peace for times of change and crisis coping with daily pressures and expectations

7. ENVIRONMENTAL/LIVING GREEN - Includes issues of resources, pollution, etc. Accepting responsibility for wise use of the earth’s resources developing personal strategies to reduce consumption

8. SOCIAL - Includes our priorities and our values Living with a sense of purpose and direction Having clear personal values and priorities.

HEALTH AND WELLNESS IS:

- Experiencing inner peace and harmony, even during times of misfortune
- Expressing emotions in ways that tell others how you feel
- Knowing how to build and keep healthy relationships with others
- Recognizing needs you have and ways to meet them
- Engaging in meaningful activities that match your values and beliefs
- Learning to know your physical body: its needs, rhythms, signals
- Seeing life as an opportunity for growth and service, rather than
as full of problems

- Believing you have the strength and ability to grow and serve
- Knowing you are an interesting, vital person with freedom to act and enjoy life
- Being in charge of your life rather than just reacting to situations around you
- Taking responsibility for your personal health
- Having a sense of purpose which guides you in making decisions
- Recognizing how others can help you, individually or in groups
- Having a plan to continue working at your personal well-being
- Keeping faith in God as central in your activities and relationships

Wellness is a choice! As Christians, we begin the journey toward wellness with an advantage. We have the word of God, the power of the Holy Spirit, and the support of a loving and supportive church family.