

# WORDS OF Wellness

*emotional - physical - financial - social - spiritual - environmental - intellectual - occupational*

## Happy New Year!

The New Year is a time to reflect and consider what the future may bring. We reminisce, make plans, and start fresh. We hope during 2024 we can share useful information and resources to enhance your wellness and for you to use to support others in becoming their best selves.

Not every culture or tradition celebrates the New Year on January 1, so we have listed New Year's Days you can add to your 2024 calendar!



**January 14:** Orthodox New Year (Russia)

**February 5:** Lunar New Year

**March 7:** Nyepi, Day of Silence (Bali)

**March 21:** Nowruz (Iran)

**April 6:** Ugadhi (Southern India)

**April 14:** Aluth Avurudda (Sri Lanka)

**April 14:** Puthandu (Tamil Nadu, India)

**September 1:** Awal Muharram (Islam)

**September 30:** Rosh Hashanah (Jewish)

**October 27:** Diwali (Hindu)

## A New Year for Wellness



Wellness is a conscious, deliberate process requiring being aware of and making daily lifestyle choices. Wellness incorporates all the eight dimensions shown here. The image shows how each dimension influences and connects with the others. Each dimension of wellness can affect overall quality of life because wellness directly relates to how long we live (longevity) and how well we live (quality of life). Wellness is the feeling that things are going well for us today and can continue to go well for us tomorrow. It is the belief that we have meaningful relationships and a sense of meaning and purpose.

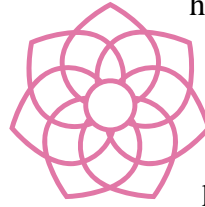
A wellness lifestyle includes a self-defined balance of health habits, such as adequate sleep and rest, exercise, participation in meaningful activity, nutrition, productivity, social contact, and supportive relationships. It is important to note the emphasis on self-defined because everyone has individual needs and preferences, and the optimal balance of activity, social contact, and sleep varies from person to person. Each day we do activities that contribute to balance across dimensions.

**Emotional Wellness** involves recognizing and expressing feelings to cope with life's stressors and life challenges. Emotional wellness includes recognizing conflict as being potentially healthy. Expressing disagreement can be a sign of trust and caring, an opportunity to learn about others' points of view, and builds a closer connection.



[Click here to learn more about Emotional Wellness!](#)

**Spiritual Wellness:** Personal beliefs and values are a component of the spiritual dimension, along with having meaning and purpose and developing a sense of balance and peace. The spiritual dimension may be closely related to cultural, religious, and/or spiritual traditions and practices, but is not the same as religious faith. Spiritual activities take many forms and sizes and are linked to the meaning and purpose we perceive each day and moment. Spiritual wellness activities and practices provide a sense of connectedness.



[Click here to learn more about Spiritual Wellness!](#)

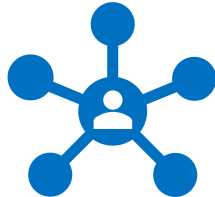


**Financial Wellness** includes objective factors—things you can count or measure about your own personal financial situation. This includes your income, how much debt you have, and your credit rating.

Financial wellness also refers to subjective factors, such as how you feel about money, your opinions, and your beliefs.

[Click here to learn more about Financial Wellness!](#)

**Social Wellness:** Our ability to communicate is key to social wellness and many other wellness dimensions. We need to be able to express our needs and ideas with people who support and care about us and to listen to others with an open mind. Personal relationships are important, as well as connection with people who are not especially close to us. Belonging to communities we value gives us a foundation for relationships and shared identity. Pets also provide a social connection for many. For many people, healthy relationships involve reciprocity and equality—giving as well as receiving.



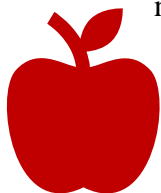
[Click here to learn more about Social Wellness!](#)

**Occupational Wellness:** Many people find meaning and purpose through work, but occupational wellness is more than a satisfying job or a rewarding career. Achieving wellness involves the opportunity to participate in activities that are fulfilling and rewarding, while reflecting personal goals, values, interests, and beliefs. Personal satisfaction and enrichment in one's life is derived from work and volunteer activity, as well as other activities and tasks from which we derive pleasure and satisfaction. Habits, routines, a daily structure, and meaningful activities are part of occupational wellness. Ending your day with a sense of accomplishment and, the next morning, facing a new day with a plan and commitment to planned activities is part of occupational wellness.



[Click here to learn more about Occupational Wellness!](#)

**Physical Wellness:** Attending to your body and noting signs of stress can help you stay well. Balance within the physical dimension means creating a self-defined daily routine that includes sleep and rest, walking or other physical activity, and involvement in creative or structured activity for relaxation. These all can counteract negative stress responses. Taking care of physical health includes learning to assume personal responsibility and care for minor illnesses and knowing when professional medical attention is needed.



[Click here to learn more about Physical Wellness!](#)

**Intellectual Wellness:** The intellectual dimension can be activated through a wide array of activities. Many people find it useful to set aside time regularly to pursue personal interests, such as reading books, magazines, and newspapers and engaging in other means of keeping abreast of current issues and ideas. Challenging your mind by learning new skills, a new language, or new information may contribute to your intellectual wellness now and help keep your mind healthy for the future. Doing puzzles or playing games like chess may not have wide-ranging positive effects or cause long-term improvements in anything other than that sort of puzzle or game. However, many people find such activities help them unwind, even while they require a mental workout—another example of how wellness in one dimension can help build wellness in other dimensions!



[Click here to learn more about Intellectual Wellness!](#)

**Environmental Wellness:** Have you ever been to a place that makes you feel calm, peaceful, or refreshed? Where we are and where we go affect how we feel, across many dimensions. The spaces around us influence what we can do and what we want to do. Our environments include where we spend a lot of time living, learning, and working, as well as the places we go for short visits, and the larger communities where we participate as citizens. Good health can be fostered by occupying pleasant, stimulating environments that support our well-being. Additionally, wellness can be enhanced by places and spaces that promote learning, contemplation, and eliciting the relaxation response. Environmental wellness involves being able to be and feel physically safe, in safe and clean surroundings, with access to clean air, food, and water.



[Click here to learn more about Environmental Wellness!](#)

Take your **Wellness Pulse** to see your strengths and areas you may want to strengthen or improve.



**Take your Wellness Pulse:**

<http://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/>

*Collaborative Support Programs of New Jersey, Inc., (CSPNJ) is a peer-led not-for-profit organization. The Wellness Institute is one of the many innovative services CSPNJ offers. The CSPNJ Wellness Institute provides innovative and state-of-the-art services and tools designed to help individuals pursue their own paths to wellness.*

**EMOTIONAL**

Coping effectively with life and creating satisfying relationships.

**ENVIRONMENTAL**

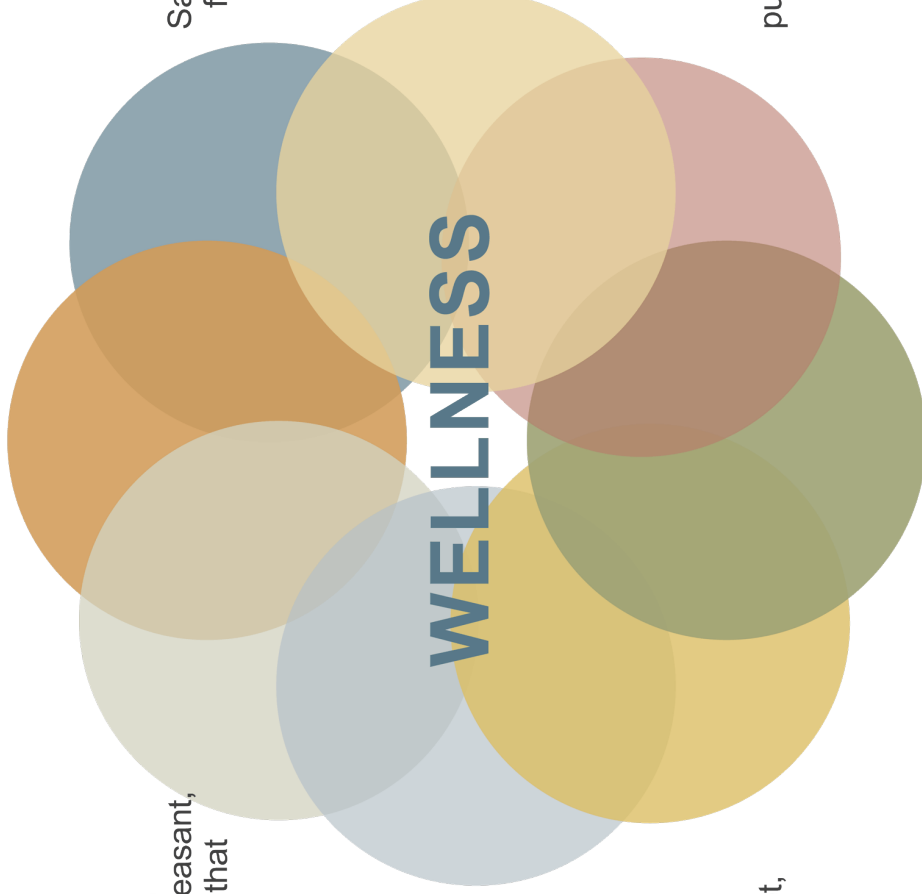
Good health by occupying pleasant, stimulating environments that support well-being.

**INTELLECTUAL**

Recognizing creative abilities and finding ways to expand knowledge and skills.

**PHYSICAL**

Recognizing the need for physical activity, diet, sleep, and nutrition.



**FINANCIAL**

Satisfaction with current and future financial situations.

**SOCIAL**

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

**SPIRITUAL**

Expanding our sense of purpose and meaning in life.

**OCCUPATIONAL**

Personal satisfaction and enrichment derived from one's work.