



Self-Care

December 12, 2014

SLOW DOWN – FOCUSING ON THE SPIRIT, MIND, AND BODY: MAINTAINING HEALTHY RELATIONSHIPS; AND BALANCING LIFE CHOICES.

CONVERSATION ACTIVITIES:

Applying a wellness approach can be useful as a pathway to optimal living and helping people achieve their full potential. Consider the following to reflect within yourselves and among colleagues about the interconnectedness of each dimension and how they contribute to your healthy living.

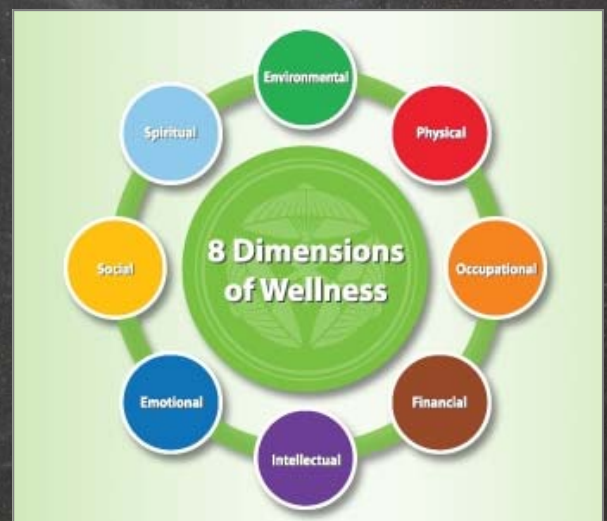
- ✧ Can you identify the 8 dimensions of wellness and the roles they play in helping people achieve their full potential?
- ✧ Consider what is missing from your current wellness plan.
- ✧ How do we support each other to have this balance across all 8 dimensions?

We explored what ideal wellness looks like and how we support peace and wholeness among ourselves. Barriers to self-care were shared among colleagues and through a holiday fun activity we practiced incorporating the eight dimensions of wellness to inspire the quality of life desired.



As defined by the National Wellness Institute, wellness is an active process through which people become aware of, and make choice toward, a more successful existence.

The 8 dimensions of wellness are:



Source: Keiro.org

POSSIBILITIES FOR CO-CREATION:

- ✧ Infuse the 8 dimension of wellness into initiatives or programs that support student, staff, and faculty well-being
- ✧ Identify strategies to support employees to maintain healthy balance among the 8 dimensions (i.e. incorporate into personal plans, workshops, trainings, etc.).
- ✧ Better embrace the “spiritual” dimension at UAA and enhance dimensions that may be lacking for various populations