

How is well-being defined?

Well-being includes the presence of positive emotions and moods, the absence of negative emotions, satisfaction with life, fulfillment and positive functioning. Well-being can be described as judging life positively and feeling good. Physical well-being (e.g., feeling very healthy and full of energy) is also viewed as critical to overall well-being.

Why Wellness Matters

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.



There are eight dimensions of wellness: occupational, emotional, spiritual, environmental, financial, physical, social, and intellectual. Each dimension of wellness is interrelated with another.

- **Occupational wellness** is about enjoying your occupational endeavors and appreciating your contributions. This dimension of wellness encourages personal satisfaction and enrichment in one's life through work
- **Emotional wellness** relates to understanding your feelings and coping effectively with stress. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources so you can learn and grow from experiences.
- **Spiritual wellness** allows you to develop a set of values that help you seek meaning and purpose. Spirituality can be represented in many ways, for example, through relaxation or religion. But being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.
- **Environmental wellness** encourages you to respect the delicate balance between the environment and yourself. Respect for other living things in our environment is just as necessary as respect for the physical environment itself.\

- **Financial Wellness** involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety.
- **Physical wellness** relates to maintaining a healthy body and seeking care when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness and getting help when needed.
- **Social wellness** helps you perform social roles effectively and comfortably, and create a support network. This dimension of wellness allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partner
- **Intellectual wellness** involves having an open mind when you encounter new ideas and continuing to expand your knowledge. It encourages active participation in scholastic, cultural and community activities



Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. It's part of taking charge of your wellbeing and doing what you can to stay healthy.

Eat Well

There are strong links between what we eat and how we feel – for example, caffeine and sugar can have an immediate effect. But food can also have a long-lasting effect on your mental health.



Keep in Touch

Friends and family can make you feel included and cared for. They can offer different views from whatever's going on inside your own head. They can help keep you active, keep you grounded and help you solve practical problems.

Take a Break

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work or a weekend exploring somewhere new. A few minutes can be enough to de-stress you.

Accept Who You Are

Some of us make people laugh, some are good at math, others cook fantastic meals. Some of us share our lifestyle with the people who live close to us, others live very differently. We're all different.

Stay Active

Experts believe exercise releases chemicals in your brain that make you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep, look and feel better. Exercise also keeps the brain and your other vital organs healthy.

Drink Sensibly

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.



Ask for Help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help.

Do Something You're Good At

What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself helps beat stress. Doing an activity you enjoy probably means you're good at it and achieving something boosts your self-esteem.

Care for Others

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

Resources: Bear River Mental Health 24 Hour Crisis Lines

Logan: 435-752-0750 Tremonton: 435-734-9449

Brigham: 435-734-9449 Rich: 800-620-9949

Sources of information used in packet:

<http://www.cdc.gov/hrqol/wellbeing.htm>

<https://shcs.ucdavis.edu/wellness/>

<http://www.mentalhealth.gov/basics/what-is-mental-health/>

<https://shcs.ucdavis.edu/wellness/>

*Activity page: let your child draw happy, sad, angry, etc on these faces.
Talk to your child about these emotions.*

