

# Resilience and Wellness

**Wellness is being in good physical and mental health. Resilience is an outgrowth of wellness in your whole being.**

Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being. Wellness is not the absence of illness or stress; you can still strive for wellness even if you are experiencing these challenges in your life.

One way of thinking about wellness is as a whole composed of eight parts or dimensions.



## **The eight dimensions of wellness are:**

**Emotional**—Coping effectively with life and creating satisfying relationships

**Environmental**—Good health by placing yourself in pleasant, stimulating environments that support well-being.

**Financial**—Satisfaction with current and future financial situations.

**Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills

**Occupational**—Enrichment and satisfaction from one's work

**Physical**—Recognizing the need for physical activity, healthy foods, and sleep

**Social**—Developing a sense of connection, belonging, and a well-developed support system

**Spiritual**—Expanding a sense of purpose and meaning in life

*For more information on this topic go to <https://www.samhsa.gov/wellness>*



# Actions for Resilience and Wellness

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

EMOTIONAL	SPIRITUAL	INTELLECTUAL	PHYSICAL
<ul style="list-style-type: none"> <li>• Take a deep breath</li> <li>• Sit in the park</li> <li>• Play your favorite music</li> <li>• Take a nap</li> <li>• Hug someone</li> <li>• Smile</li> </ul>	<ul style="list-style-type: none"> <li>• Try to understand your beliefs &amp; values</li> <li>• Spend time exploring your spiritual life</li> </ul>	<ul style="list-style-type: none"> <li>• Stay curious &amp; engaged in learning new things</li> <li>• Read for pleasure</li> <li>• Join a club that will build upon your interests</li> </ul>	<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Eat well-balanced meals</li> </ul>
ENVIRONMENTAL	FINANCIAL	OCCUPATIONAL	SOCIAL
<ul style="list-style-type: none"> <li>• De-clutter your room</li> <li>• Recycle</li> <li>• Volunteer to clean up the environment</li> </ul>	<ul style="list-style-type: none"> <li>• Plan for future financial health</li> <li>• Plan for large purchases</li> <li>• Look for sales/clip coupons</li> </ul>	<ul style="list-style-type: none"> <li>• Be mentally present when you are working</li> <li>• If you are able to, avoid working in toxic environments</li> </ul>	<ul style="list-style-type: none"> <li>• Have a strong social network</li> <li>• Mentor or give guidance to someone else</li> <li>• Write a thank you letter to someone who helped you in the past</li> </ul>