

Eight Dimensions of Wellness

Self-care is about taking time to improve dimensions of wellness that matter most to you. Since each dimension of wellness connects to the others, small positive changes in one can lead to larger positive changes in others. Focus on small actions that you can easily integrate into your professional practice.



PHYSICAL



EMOTIONAL



SPIRITUAL



FINANCIAL



INTELLECTUAL



SOCIAL



VOCATIONAL



ENVIRONMENTAL



My name is Tim Grivois, and I developed the **Eight Dimensions of Wellness** deck to support you in your practice of self-care. Once you've had a chance to read the cards, I encourage you to sort them. While there is no right or wrong way to sort them, I notice people often sort them by:

- Easiest to most difficult.
- Most important to least important.
- Cards that sound like fun to cards that sound like work.

Remember, though, that self care is work. Sometimes the work is fun, and at other times it's about having a growth experience that might be hard at first. Either way, self-care is never a luxury to indulge when the work gets done...it is our work.

I wish you many opportunities to be as generous with yourself as you are with others! And, I'm eager to hear how the cards are working for you! Let me know how you're using the cards at tim@tgseducationalconsulting.com.

Eight Dimensions of Wellness

PHYSICAL

- Caring for your body to stay healthy now and in the future.
- Maintain a healthy weight.
- Exercise for 30 minutes a day.
- Get enough sleep.
- Schedule doctor and dental visits.
- Know important health numbers (cholesterol, blood pressure)
- Eat fruits and vegetables.
- Drink plenty of water.
- Wear sunscreen.



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE



STICKY NOTE GOES HERE

Eight Dimensions of Wellness

INTELLECTUAL

- Growing intellectually and maintaining curiosity about all there is to learn.
- Expanding knowledge and skills, and finding ways to share this knowledge with others.
- Learn new skills that matter to me.
- Seek out new perspectives and examine my own ideas.
- Look for ways to use my creativity and skills.
- Be open to new ideas.
- Read books, listen to podcasts, or take online classes.



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE



STICKY NOTE GOES HERE

Eight Dimensions of Wellness

SOCIAL

- Maintaining healthy relationships and developing new friendships.
- Contributing to the community.
- Join or reconnect with a group that matters to me.
- Plan time with family and friends.
- Say 'no' to commitments when applicable.
- Pay attention to giving and taking equally in relationships.
- Exit unhealthy relationships appropriately.
- Consider how what I say will be received by others.



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE



STICKY NOTE GOES HERE

Eight Dimensions of Wellness

EMOTIONAL

- Naming and understanding our feelings and the feelings of others.
- Expressing both positive and negative emotions in a healthy way.
- Make sure I have someone I can talk to.
- Recognize stressors in my life, and find ways to reduce them.
- Notice and name feelings. Notice what prompts feelings.
- Express both positive and negative feelings in healthy ways.



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE



STICKY NOTE GOES HERE

Eight Dimensions of Wellness

FINANCIAL

- Having enough money to manage expenses and prepare for the future.
- Recognizing the unique meaning money has for yourself and for others.
- Review bank statements when I receive them.
- Pay my bills on time.
- Follow a spending plan every month.
- Create a Save / Spend / Give budget
- Keep PIN numbers and passwords private.
- Say 'no' to requests to borrow money, donate to causes, or extra expenses if saying 'yes' causes more stress than joy.



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE

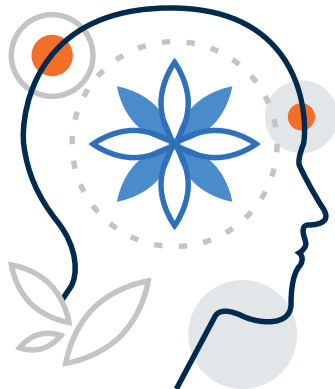


STICKY NOTE GOES HERE

Eight Dimensions of Wellness

SPIRITUAL

- Finding purpose, value, and meaning in life, with or without organized religion.
- Participating in activities that are consistent with your values.
- Participate in groups whose purpose and values support my own.
- Integrate my “spiritual practice” within everyday life.
- Recognize and respect the spiritual practices of others.
- Uncover, discover, or recover my values, and consult my values as I make decisions.
- At least daily, connect to my sense of purpose .



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE



STICKY NOTE GOES HERE

Eight Dimensions of Wellness

VOCATIONAL

- Preparing for or doing meaningful, satisfying work.
- Contributing unique talents to work that matters.
- Balance work and play (both inside and outside of work)
- If I'm not yet in my ideal career, find out what I would need to do to.
- Consider whether I would enjoy working at the organization / company prior to accepting a position.
- Develop / enhance skills necessary for my current position.
- Ask for assignments that match what matters most to me in my career.



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE



STICKY NOTE GOES HERE

Eight Dimensions of Wellness

ENVIRONMENTAL

- Understanding how your physical environment affects your well-being.
- Living in ways that respect the Earth.
- Be the kind of person who recycles and buys plastic-free alternatives.
- Harvest rainwater.
- Spend 5 minutes to clean your desk.
- Add a houseplant to your workspace or home.
- Remove clutter. This could be all at once, or one item at a time.
- Plant something. Take joy in watching it grow.
- Take a walk outside on your lunch break.



From: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017;58(8):861-862.



STICKY NOTE GOES HERE



STICKY NOTE GOES HERE