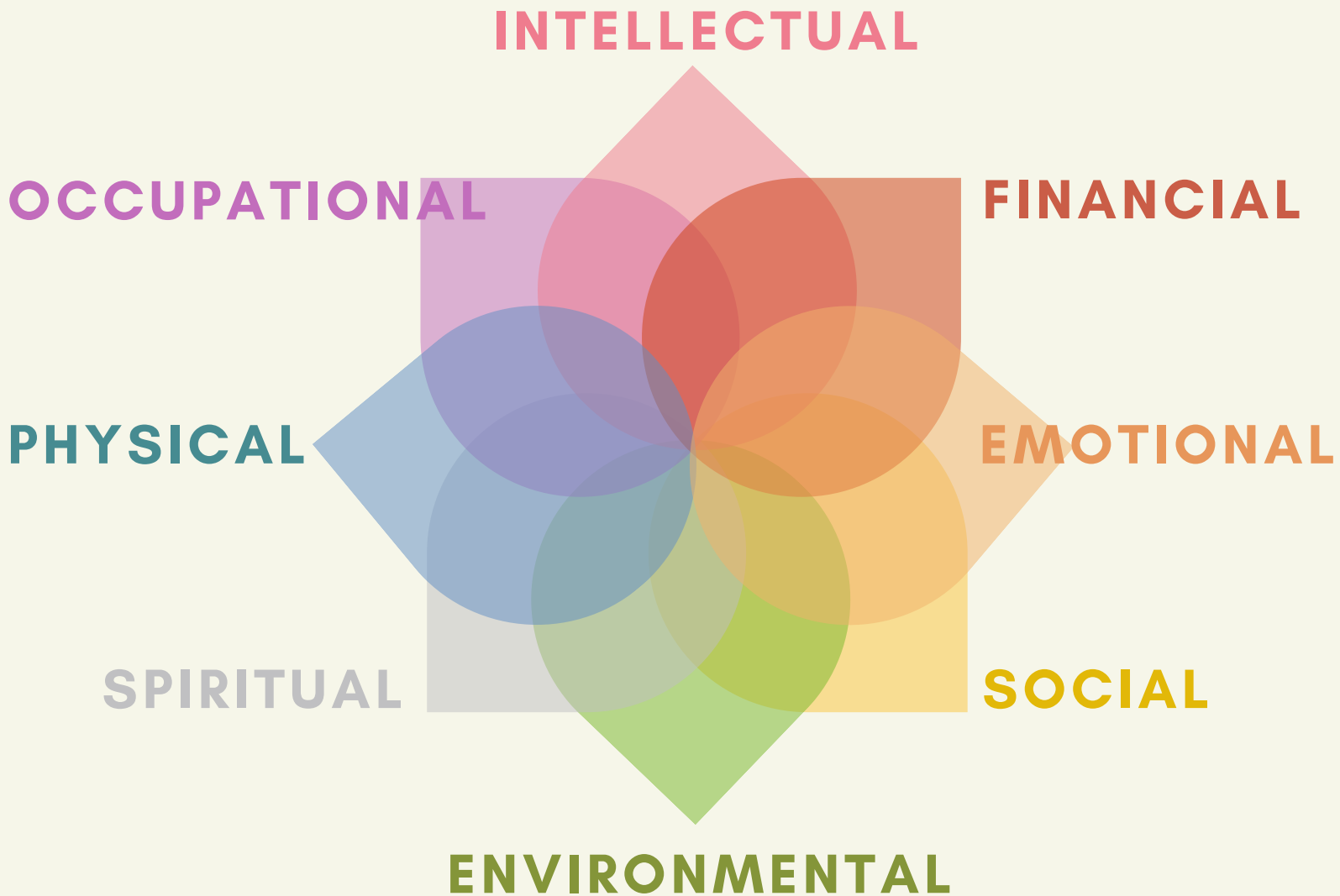


DIMENSIONS

of wellbeing

Wellness comprises of eight mutually co-dependent dimensions. If any of these are neglected, it can have adverse repercussions on health, well-being, and quality of life. A well-rounded balance of these wellness dimensions provides holistic harmony to one's personal well-being. What this harmony looks like varies between **each & every unique individual**.



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PHYSICAL

wellbeing

WHAT IS IT?

Physical wellness encompasses a variety of healthy behaviors including adequate exercise, proper nutrition and abstaining from harmful habits such as drug use and alcohol abuse.

TIPS & TRICKS

Exercise Daily

Experts recommend adults get at least 150 minutes of moderate physical activity a week. Be consistent and find movement that suits you and your body.



Get Enough Sleep

Sleep allows your body to rest and boosts immunity. Try to aim for 7 hours of sleep. Avoid caffeine at night, stay away from screens and drinking tea can help.

Eat Nutritious Meals

Give your body what it needs to function at peak performance. This will help you feel more energized. Try adding a variety of fresh fruits and vegetables to your diet.



Practice Safety

Using day to day techniques to protect yourself from illness will reduce risk. Things like covering your cough, masking up, and even practicing safe sex.

It also includes using seat-belts, bike helmets, and following caution. Basic hygiene also contributes to your physical health.



WELLBEING PERKS

- ✓ enhanced self-esteem
- ✓ more self control
- ✓ determination
- ✓ improved mood
- ✓ boost immunity
- ✓ reduce chronic risk
- ✓ decrease stress
- ✓ boost energy

NEGATIVE EXAMPLES

Over-exertion: When you push yourself too hard, it's known as overexertion. This involves physical or mental effort that's beyond your current abilities. This can lead to low self-esteem & possible injury.

Unhealthy Dieting: There are many dangerous fad diets out there as pressure towards weight loss and quick fixes arise. It's important to ensure you eat enough, and are getting moderate amounts of all nutrients. Too much or too little can be harmful to health.

INTELLECTUAL *wellbeing*

WHAT IS IT?

The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

TIPS & TRICKS

Read a Book

It can be a magazine, newspaper, or a good fiction or non-fiction book. If it stimulates your mind and generates interest, dive in—your mind will thank you for it.



Get Creative

You can get creative through doodling, painting, crafting, writing, photography, pottery, or even gardening—dive in with curiosity and exploration.

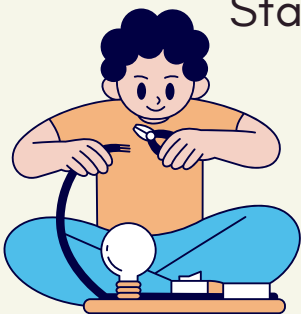
Learn a Language

Research shows that people who are multilingual may be better at processing language and other analytical tasks. Switching between languages causes the part of your brain responsible for problem-solving and filtering information to work more efficiently.



Start a Passion Project

Are you curious about something, have a goal in mind, or something you need to build? Immersing yourself with new skillsets is a great way for intellectual stimulation. Whether it be painting your walls, or knitting a sweater - you will learn a lot in the process.



WELLBEING PERKS

- ✓ improve problem solving
- ✓ boost memory
- ✓ increase confidence
- ✓ self-fulfillment
- ✓ intellectual growth
- ✓ increase creativity
- ✓ decrease stress
- ✓ stimulate brain

NEGATIVE EXAMPLES

- Being closed to new ideas, people, and beliefs that are different from your own
- Avoidance of diverse and challenging discourse

OCCUPATIONAL *wellbeing*

WHAT IS IT?

The occupational dimension recognizes personal satisfaction and enrichment in one's life through work. It encourages personal and professional growth in choosing a profession that provides a feeling of purpose and productivity.

TIPS & TRICKS

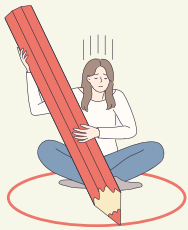
Prioritize Goals

Make your goals a priority, and don't settle for a job that drains you. Make a plan, don't settle, and figure out how you will achieve those goals. Assess what things you do now are working towards that goal.



Set Boundaries

Learn to balance leisure time and work in a way that fits your learning style. You need to know your pace, establish boundaries, and balance work with life.



Explore New Things

You need to explore more into careers that fit your personality. The environment in which you work must allow your talents and personality to shine. Work in a way that will maximize your strengths, skills, and learning abilities.



Connect & Network

The best way to learn about new opportunities is to talk to people. Learn about their professional journey and get tips. Express what you are looking for and seek out assistance. Career coaches and recruiters are also good tools.



WELLBEING PERKS

- ✓ sense of purpose
- ✓ improved productivity
- ✓ low stress & burnout
- ✓ improves quality of life
- ✓ boost confidence
- ✓ financial reward
- ✓ improved teamwork

NEGATIVE EXAMPLES

- A sense of dread when going to work
- Being unmotivated
- Being unhappy with the career choice
- Feeling stressed out and overwhelmed with the workload.
- Poor engagement with co-workers.

ENVIRONMENTAL *wellbeing*

WHAT IS IT?

Environmental well-being is understanding how your social, natural and built environments affect your health and well-being and being aware of how your daily habits effect the physical environment we work and live in.

TIPS & TRICKS

Increase Natural Light

Natural lighting in your space has been shown to boost vitamin D, ward off seasonal depression, improve sleep, and eliminate stress. You can do this through adding mirrors, opening windows, or getting outside.

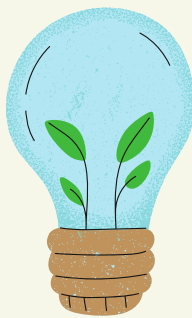


Reduce Consumption

Conserve materials and resources by turning off the lights when you leave a room, composting leftovers, or using resources responsibly.

Make Green Choices

Try using less single-use plastic, using energy efficient light bulbs, turning off your computer at night, using reusable coffee cups and water bottles, printing less paper, signing up for direct deposit to go paperless with payroll, and buying produce from local farms.



Get Outside

Studies have shown plants can help eliminate stress by calming the sympathetic nervous system and can have a positive effect on a person's mood and energy levels.

WELLBEING PERKS

- ✓ reduce stress
- ✓ improved mood
- ✓ boost mental health
- ✓ increased energy
- ✓ positive impact
- ✓ physical benefits
- ✓ mental clarity

NEGATIVE EXAMPLES

- Pressuring others to engage in green decision making who may not be able to afford it
- Shaming those who do not prioritize the environment instead of engaging in educational discourse
- Introducing invasive species in local ecosystems

SOCIAL *wellbeing*

WHAT IS IT?

Social well-being is our awareness and contribution to the betterment of society through positive relationships with friends, colleagues, family, the community, and surrounding environments.

TIPS & TRICKS

Volunteer

Studies have shown that helping others instills a good feeling that translates into physical health improvements like reduced blood pressure. Many positions also require physical movement and social interaction.



Cultivate Relationships

Having a solid support system is imperative to wellbeing. Take time to connect with loved ones and strengthen these ties.

Care for Others

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others.



Get Active in your Community

Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. You can help your community create ways to encourage more physical activity.



WELLBEING PERKS

- ✓ reduce stress
- ✓ improved mood
- ✓ boost mental health
- ✓ increased energy
- ✓ positive impact
- ✓ physical benefits
- ✓ mental clarity

NEGATIVE EXAMPLES

- Unwillingness to foster diverse connections or isolating those different from you
- Setting one-sided expectations in relationships
- Doing damaging or invasive work in communities you are not a part of

FINANCIAL

wellbeing

WHAT IS IT?

Your relationship with money and skills for managing resources, as well as your ability to make good consumer choices and seek out appropriate financial opportunities.

TIPS & TRICKS

Set Financial Goals

Set goals and work towards them slowly and steadily. You can start off with a small achievable goal or milestone, like save a few hundred dollars over a couple of months, and then work your way up to larger ones.



Spend Mindfully

Being financially stable doesn't mean you never splurge on something you "shouldn't" buy, but rather that you're mindful of when you're spending money and how. The occasional impulse buy won't put you in the red, but make sure it's more of a once-in-a-while occurrence and not a regular habit.



Learn More about Finances

By learning more about finances, such as learning about commonly-used terms, investments, saving options, or interest rates, you're equipping yourself with the knowledge you need to make solid choices.



Budget & Track Activity

Set a date on the calendar every month or couple of weeks to get a broad picture of your finances and then make any adjustments you need.



WELLBEING PERKS

- ✓ reduce stress
- ✓ low debt
- ✓ disposable income
- ✓ comfortable savings
- ✓ sound judgement
- ✓ improved mood
- ✓ mental clarity

NEGATIVE EXAMPLES

- Denying yourself basic needs such as food, hygiene, or housing for the sake of saving money
- Getting more stressed while trying to manage finances instead of taking the time to better understand or seek support

EMOTIONAL *wellbeing*

WHAT IS IT?

Being aware and managing your feelings, being at peace with who you are, and having the tools you need to weather life's ups and downs.

TIPS & TRICKS

Build Resilience

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster.



Get Quality Sleep

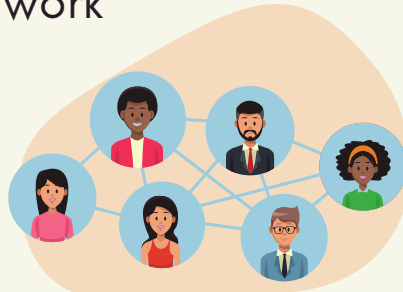
To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better.



Build Support Network

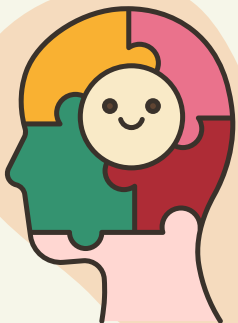
Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health.

Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.



Stay Positive

Holding onto positive emotions for longer, noticing and appreciating the good things in life, and quickly bouncing back from challenges are all signs of emotional resilience.



WELLBEING PERKS

- ✓ improved productivity
- ✓ better stress management
- ✓ boost adaptability
- ✓ increased energy
- ✓ better relationships
- ✓ increased mood
- ✓ more motivation

NEGATIVE EXAMPLES

- Not facing your negative emotions or denying that they too exist & are valid
- Positive mindset that punishes struggle
- Perfectionism

SPIRITUAL

wellbeing

WHAT IS IT?

Your understanding of your place and purpose, how you make meaning of what happens to you, and what your mind goes to for comfort or relief.

TIPS & TRICKS

Be Present

This means, being in control of how we act, what we say, do, eat, buy etc. Not focusing on things that you cannot change, such as natural disasters, or pandemic, but focusing on the things you can – like your attitude and behaviors.



Forgive & Let Go

Holding grudges and bottling up hurt is not healthy, as it affects our inner peace and overall wellbeing. Therefore, we need to learn to let go and forgive. The best way to do this is to practice compassion. Having a compassionate mindset will help you be less judgemental towards yourself and others.



Give

It is human nature to take care of each other and support one another when struggling. In fact, studies have shown significant health benefits of giving. The psychological benefits include decreased chances of suffering from anxiety or depression and improving one self-esteem. Whereas, physical benefits are seen through improved blood pressure and a decline in stress.



WELLBEING PERKS

- ✓ find purpose
- ✓ boost heart health
- ✓ community support
- ✓ increased energy
- ✓ decreased loneliness
- ✓ better mood
- ✓ mental clarity

NEGATIVE EXAMPLES

- Spirituality is a very personal and individualized journey. It is important to make sure you continue to challenge your thoughts, be open to new ideas and grow
- Imposing one's own spirituality or outlook onto others without warrant