

# WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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## HEALTHY HARMONY - Wellness as a Whole



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August is National Wellness Month and the perfect time of year for reflection. We are over the year's halfway mark! As you are reflecting, think about what it means to YOU to live life fully. You have the opportunity over the next 31 days to take a step back, evaluate where you are with your wellness and put a plan into action.

***Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.*** Wellness is a journey, not a destination. A good place to start your wellness journey is by understanding the

dimensions of wellness. According to the National Wellness Institute, there are [SIX dimensions of wellness](#): spiritual, emotional, occupational, physical, social and intellectual. Each dimension\* recognizes and encourages the ways in which you can make choices towards being the best you can be. Making good choices requires a degree of self-awareness and a commitment to be open-minded about changing any habits that do not align with your overall wellness.

Once you understand the wellness dimensions, you can use a [resource](#) from the National Wellness Institute to assess how much energy you currently spend in each dimension. It also helps you to envision where your energy should go in order to reach your full potential and what values guide your overall wellbeing. This process of evaluating, planning and determining your values is important because in order to be your best, you have to create conditions that support a desire to thrive.

Do not wait for January to get here before you put your plan into action! Create a wellness goal based on what you have learned and use the SMART goals [worksheet](#) on our [website](#) to map out your plan. Remember, your plan is unique to you and you are the best expert on yourself. Good luck!

\*System Office Wellness also recognizes financial wellness as a dimension

