



# WELLNESS NEWSLETTER

Brought to you by Millikan's Wellness Center



## 7 Dimensions of Wellness

Most people know it's important to take care of their physical health, but it's equally important to take care of all aspects of our being. Each aspect, or dimension, plays into our overall well-being and health.

Learn more about each dimension on the second page!

<https://youthempowerment.com/7-dimensions/>

### Upcoming Events

- Healthy Relationships
  - Wednesday 10/19  
at Lunch
- Being an Upstander
  - Wednesday 10/26  
at Lunch

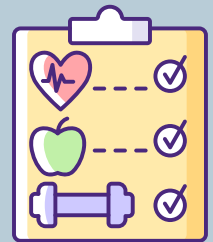


Need Support?



Scan QR Code to  
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*High School Wellness Centers aim to meet these 7 needs that our school community strives for. Let your social worker know what dimension of wellness you are needing support with!*



Write a personal goal that you would like to achieve for each dimension:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

## 7 Dimensions OF WELLNESS



### Physical Wellness



Physical wellness includes a variety of healthy behaviours including exercise, proper nutrition, healthy sleeping, and substance use. Physical wellness involves learning about disease and harm prevention, and developing healthy habits that will enable you to live a longer, happier life.

### Emotional Wellness

Mental wellness includes all aspects of mental health, emotional state and well-being, as well as how they interact. In turn, your mental wellness influences how you think, feel, and behave in your daily life. Mental wellness affects each dimension in turn and includes coping with the normal difficulties of life.



### Intellectual Wellness



The intellectual dimension encourages creative, stimulating mental activities. It is the ability to open one's mind to new concepts and experiences that can be applied to personal decisions, group interaction and community enhancement, improve skills, and seek challenges in pursuit of lifelong learning.

### Financial Wellness

Financial wellness is how our finances contribute to our overall wellness. It is the healthy relationship between your goals and your financial obligations. When someone is struggling financially, all aspects of their wellness are affected.



### Social Wellness

Social wellness is how we interact with our community and those around us. It includes healthy relationships, consent, communication skills and support systems. It is also about building a support system of family, friends, peers, and professionals.



### Spiritual Wellness

Spiritual wellness involves our set of beliefs, principles, and values that help give direction to our lives. It is seeking meaning and purpose in our every day lives, which ultimately encourages wellness.

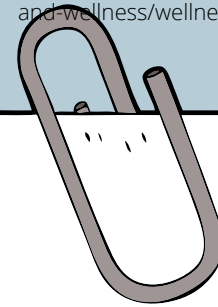
### Environmental Wellness



Environmental wellness is how your environment positively affects your wellness. It includes incorporating nature in your life to feel a sense of peace and wellness.



<https://students.wlu.ca/wellness-and-recreation/health-and-wellness/wellness-education/dimensions.html>



## Which activities can help improve your wellness?

- A. Getting 7-10 hours of sleep at night
- B. Having healthy outlets for stress and self-expression
- C. Having a solid support system
- D. All of the Above

Answer: All of the above