

Strategies for Wellness Puzzle Dimensions- Wellness Messages

Wellness Puzzle Piece #1

Physical: The physical wellness dimension considers activities that promote good physical health, including being physically active, eating a balanced diet, driving safely, doing medical self-care and avoiding use of tobacco, drugs and excessive alcohol consumption. Taking good care of the body will be repaid with years of good service. Time is often the biggest obstacle to physical activity. Use your break-time to get in a quick bout of activity.

Have you seen DHSS' **desk-ercise** videos: <http://health.mo.gov/living/wellness/worksitewellness/index.php>

Find other **wellness resources** at: <http://health.mo.gov/living/wellness/>.

Wellness Puzzle Piece #2

Intellectual: The intellectual wellness dimension considers creativity and expansion of skills and knowledge. An intellectually well person uses available resources to expand knowledge, improve skills and to increase the potential for sharing with others. Read for fun. It may be hard to do when you are spending most of your time reading for work, but try to find time during breaks or lunch to sit down and read something for fun. Reading, especially something you enjoy, can improve your intellect by stretching your mind to think about things you normally don't think about!

[Do you have an Employee Assistance Plan? If so, this would be a great place to list their resources.]

Wellness Puzzle Piece #3

Spiritual: The spiritual wellness dimension considers values and beliefs that provide a purpose in our lives. No matter your spiritual beliefs, doing nice things for others makes us all feel good. Try doing something nice for someone else this week (without expecting anything in return) and see how it makes you feel. Practice spiritual wellness. Witness the choices you make in each moment—bring them into consciousness; ask yourself what the consequences of a choice are and if the choice will bring fulfillment and happiness. Listen with the heart and be guided by messages of comfort and discomfort. If there is comfort, go for it! If there is discomfort, pause and reevaluate.

Wellness Puzzle Piece #4

Financial: The financial wellness dimension considers a balance of the mental, spiritual and physical aspects of money. It includes having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes. Take a financial literacy quiz to get an idea of what you know and what you need to learn. Find more financial resources at: <https://finance.mo.gov/consumers/> and <http://www.usfinancialcapability.org/quiz.php>.

Wellness Puzzle Piece #5

Emotional: The emotional wellness dimension considers one's ability to recognize and accept feelings, strengths and limitations, manage emotions and cope with stressful events. Achieving emotional wellness allows one to experience life's ups and downs with enthusiasm and grace and maintain satisfying relationships with others. Try not to dwell on the negative things and find positive parts of your life to enjoy. Ideas to think about this week:

- Restorative yoga poses
- Checking in with elderly loved ones
- Work life balance
- Foods to fight depression

Wellness Puzzle Piece #6

Environmental: The environmental wellness dimension considers leading a lifestyle that is respectful of and in harmony with your environment. It involves being aware of the limits of the earth's natural resources and understanding the impact of your actions on the environment. Need some reasons to recycle? Read here: <https://www.dosomething.org/us/facts/11-facts-about-recycling>. Not sure you're recycling everything you can? Read here: <https://www.epa.gov/recycle>. Check out local resources and other environmentally friendly ideas at <http://dnr.mo.gov/env/swmp/rrr/index.html>

Wellness Puzzle Piece #7

Occupational: The occupational wellness dimension considers the balance between work and leisure time as well as satisfaction with work responsibilities. Attitudes about work can greatly affect job performance and interactions with coworkers. Striving toward occupational wellness will help to give personal satisfaction and allow one to find enrichment in life through work. Find time for trainings that may improve your work relationships or job skills.

Wellness Puzzle Piece #8

Social: The social wellness dimension considers satisfaction of personal relationships with spouse, family, friends and associates; participation in community affairs; and contributions to protecting the environment by conserving and recycling. Social wellness is based on one's ability to interact harmoniously with people and the Earth. Trying new things, like a new hobby or getting together with a new group can be good for you. Sometimes it can be scary to try new things, but putting yourself out there can be fun or even exhilarating.