

## What is wellness?

- Think of wellness as the integration of body, mind and spirit. All 3 should be working together!
- Imagine a continuum, with “Well” on one side and “Unwell” on the other. We all go through periods of feeling well and unwell, so ultimately, wellness is not something we eventually reach but something we are always actively working toward.
- It can also be helpful to think of wellness as the absence of disease. Oftentimes we measure wellness by the absence of negative things.
- Wellness will be different for everyone, and may even vary in your own life depending on circumstances.

## What is a wellness inventory?

A wellness inventory means taking a look at different areas of your life and assessing wellness characteristics. These are some areas to consider, and know that many of them can overlap. Ideally, you should be able to combine a few different areas in one activity. For example, going for a walk with a friend while discussing a book you just read can increase wellness mentally, physically, and socially.

### Mental

- Growing intellectually, learning new things, problem solving,
- Reading/listening to podcasts, learning new language/hobby/skill

### Physical

- Regular physical activity, variety of foods, nutrient dense foods, care for illness/injury, reducing unhealthy behaviors, adequate rest, sleep
- Annual physical/dental appointments, chiropractic care, specialists like PT or dermatologist, meal planning/prepping, drinking enough water, stretching, having bedtime routine to promote healthy sleep habits, limiting screen time

### Spiritual

- Finding purpose, value, meaning in life, participating in activities that are consistent with beliefs and values
- Attending a church, worshipping God throughout

the day, reading the Bible, writing in a gratitude journal

- Serving at a religious center, volunteering with a nonprofit, meditating, listening to inspirational speakers/music

### Social

- Maintaining healthy relationships, enjoying being with others, developing new friendships, caring about others, letting others care about you, trusting others, being intimate, being involved in community, communicating thoughts/feelings
- Planning a hang out with friends, gathering with others who have similar interests like a gym or book club, joining a Bible study or small group, eating lunch with coworkers, calling a friend on your commute

### Vocational

- Participating in work that provides personal satisfaction and life enrichment consistent with values/vision for future
- Looking for opportunities for professional development, set clear boundaries with work, set professional goals, collaborate with coworkers

### Emotional

- Being aware of your emotions, understanding and respecting your feelings, values and attitudes, validating feelings of others, managing emotions
- Mindful meditation, deep breathing exercises, journaling thoughts/feelings/experiences, sharing feelings with a safe friend, designating time to reflect

## Next Step:

Write down each of the 6 areas and spend time thinking about what wellness looks like in your own life. How can you tell you are doing well emotionally? Physically? Spiritually? What are indicators that you are struggling? What are some areas that you can grow in? Who can you share your wellness inventory with to process alongside you and encourage you in your growth?