



## 8 Dimensions of Wellness

# EMOTIONAL



WEEK 1 - DAY 2

## WORKSITE WELLNESS

**"TALK TO  
YOURSELF  
LIKE YOU  
WOULD TO  
SOMEONE  
YOU LOVE."**

**-BRENE  
BROWN**



HAVING A  
POSITIVE  
OUTLOOK  
ALLOWS US  
TO OPEN UP  
TO NEW IDEAS  
SO WE CAN  
GROW.

POSITIVITY  
HELPS US  
LEARN. BEING  
OPTIMISTIC  
HELPS US  
BUILD UPON  
OUR SKILL SETS  
AND ALLOWS  
US TO BETTER  
UTILIZE OUR  
INNER  
RESOURCES.

### FEELINGS AND EMOTIONS

- DO YOU ALLOW YOURSELF TO ACKNOWLEDGE AND EXPRESS YOUR FEELINGS WITHOUT JUDGE-MENT?
- DO YOU HAVE SAFE RELATIONSHIPS WHERE YOU CAN FREELY EXPRESS YOUR THOUGHTS AND FEELINGS?
- DO YOU SEE CHALLENGES AS GROWTH OPPORTUNITIES?

SOURCE: [HTTPS://STORE.SAMHSA.GOV/SITES/DEFAULT/FILES/D7/PRIV/SMA16-4958.PDF](https://store.samhsa.gov/sites/default/files/D7/PRIV/SMA16-4958.pdf)

## Tips

FOR TIPS ON  
HOW TO  
DEVELOP A  
MORE  
POSITIVE  
MINDSET,  
CLICK [HERE](#).



Presented by:

**The Partnership**  
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL