

#### 8 Dimensions of Wellness

## **EMOTIONAL**



WEEK 1 - DAY 1

## **WORKSITE WELLNESS**

"HAPPINESS 13 NOT BY CHANCE. BUT BY CHOICE."

-JIM ROHN



**MAKE A** "SMALL WINS" LIST.

HALLENGE

# You Tube

Click here for a video about emotional wellness!

## **EMOTIONAL** WELLNESS IS...

Coping effectively with life and creating satisfying relationships. CELEBRATING LIFES LITTLE **VICTORIES** WILL HELP **BOOST YOUR** MOOD!

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PHYSICAL ENVIRONMENTAL FINANCIAL OCCUPATIONAL





#### 8 Dimensions of Wellness

## **EMOTIONAL**



WEEK 1 - DAY 2

## **WORKSITE WELLNESS**



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 RESOURCES.

## **FEELINGS AND EMOTIONS**

- DO YOU ALLOW YOURSELF TO AKNOWLEDGE AND EXPRESS YOUR FEELINGS WITHOUT JUDEGMENT?
- 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

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

> -BRENE BROWN



FOR TIPS ON HOW TO **DEVELOP A** MORE **POSITIVE** MINDSET, CLICK HERE.

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EMOTIONAL

SPIRITUAL

INTELLECTUAL PHYSICAL ENVIRONMENTAL FINANCIAL OCCUPATIONAL



**SLEEP IS** VITAL TO OUR OVERALL WELL-BEING. GOOD SLEEP **HELPS US FOCUS BETTER** AND THINK CLEARER!



**CLICK HERE FOR** TIPS ON HOW **YOU CAN GET QUALITY SLEEP EVERY NIGHT!** 

#### 8 Dimensions of Wellness

## **EMOTIONAL**



WEEK 1 - DAY 3

## **WORKSITE WELLNESS**



SELF-CARE

- \* MAKE TIME FOR YOURSELF **REGULARLY**
- \* PRACTICE POSITIVE SELF **AFFIRMATIONS**
- \* DO WHAT YOU LIKE BEST, **OFTEN**
- \* STAY PHYSICALLY ACTIVE AND EAT HEALTHY
- \* GET GOOD QUALITY SLEEP

"TAKING CARE OF YOURSELF 13 THE MOST POWERFUL WAY TO BEGIN TO TAKE CARE OF OTHERS." -BRYANT MCGILL

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EMOTIONAL

SPIRITUAL INTELLECTUAL PHYSICAL ENVIRONMENTAL FINANCIAL OCCUPATIONAL



#### **STRESS** REDUCTION TIPS

- **GET ENOUGH** SLEEP
- **EXERCISE**
- **BUILD A GOOD** SUPPORT SYSTEM
- THINK POSITIVE
- MINDFULNESS. MEDITATION, YOGA
- SEEK HELP FROM A MENTAL HEALTH **PROFESSIONAL**

SOURCE: https:// newsinhealth.nih.gov/2014/12/ feeling-stressed

#### 8 Dimensions of Wellness

## **EMOTIONAL**



WEEK 1 - DAY 4

## **WORKSITE WELLNESS**



#### **STRESS**

**EVERYONE FEELS STRESSED NOW** AND THEN. WHEN STRESS LASTS FOR LONG PERIODS OF TIME, THIS IS A SIGN THAT IT COULD BE MORE HARMFUL THAN HELPFUL.



WAYS TO COPE WITH STRESS

CLICK HERE FOR A DEEP BREATHING EXERCISE TO TRY **NEXT TIME** YOU'RE FEELING STRESSED!



#### TIP

TRY POSITIVE SELF-TALK. IT CAN HELP YOU CALM **DOWN AND** CONTROL STRESS!

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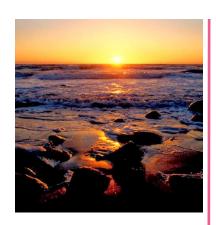












#### HELPFUL **RESOURCES:**

(CLICK TITLES TO **OPEN LINKS)** 

- MENTAL HEALTH **AMERICA**
- **HELP GUIDE**
- CARROLL **COUNTY BE-HAVIORAL HEALTH RE-SOURCES & SERVICES DIRECTORY**
- CDC
- **AMERICAN** COUNSELING **ASSOCIATION**

#### 8 Dimensions of Wellness

## **EMOTIONAL**



WEEK 1 - DAY 5

## **WORKSITE WELLNESS**



### **COPING WITH LOSS**

LOSING SOMEONE YOU LOVE HAS THE ABILITY TO CHANGE YOUR WHOLE WORLD.

IT IS IMPORTANT TO REMEMBER THAT GRIEF LOOKS DIFFERENT FOR EVERYONE, AND THERE ARE WAYS WE CAN COPE.

**COPING WITH LOSS** 

"MAY LOVE BE WHAT you REMEMBER MOST." -DARCIE



SIMS

**TECHNIQUES TO HELP RELIEVE** PAIN



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