



8 Dimensions of Wellness

EMOTIONAL



WEEK 1 - DAY 1

WORKSITE WELLNESS

**"HAPPINESS
IS NOT BY
CHANCE,
BUT BY
CHOICE."**

-JIM ROHN



MAKE A
"SMALL WINS"
LIST.

CELEBRATING
LIFE'S LITTLE
VICTORIES
WILL HELP
BOOST YOUR
MOOD!



Click [here](#) for a
video about
emotional
wellness!

EMOTIONAL WELLNESS IS...

Coping effectively with
life and creating
satisfying relationships.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL



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



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**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



**"TAKING
CARE OF
YOURSELF
IS THE
MOST
POWERFUL
WAY TO
BEGIN TO
TAKE CARE
OF
OTHERS."**

**-BRYANT
MCGILL**

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**



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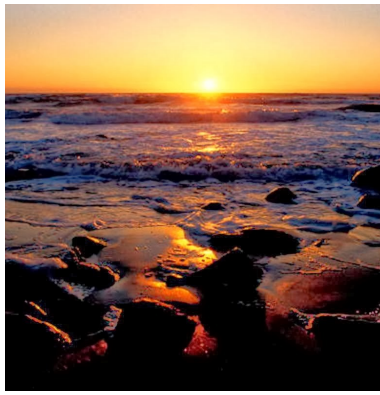
FINANCIAL



OCCUPATIONAL



SOCIAL



HELPFUL RESOURCES:

(CLICK TITLES TO
OPEN LINKS)

- [MENTAL
HEALTH
AMERICA](#)
- [HELP GUIDE](#)
- [CARROLL
COUNTY BE-
HAVIORAL
HEALTH RE-
SOURCE &
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](#)



EMOTIONAL



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