



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.

Presented by:
The Partnership
for a Healthier Carroll County



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 JUDGEMENT?
- 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](#).



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WEEK 1 - DAY 3

WORKSITE WELLNESS

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



"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



CLICK [HERE](#) FOR TIPS ON HOW YOU CAN GET QUALITY SLEEP EVERY NIGHT!

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EMOTIONAL

WEEK 1 - DAY 4

WORKSITE WELLNESS

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>



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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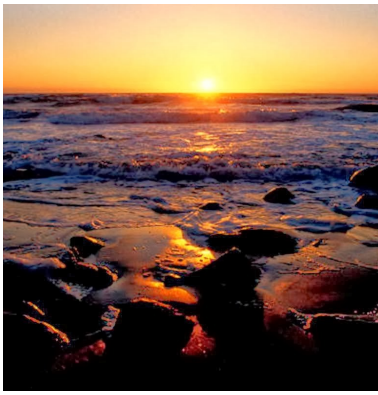
FINANCIAL



OCCUPATIONAL



SOCIAL



8 Dimensions of Wellness

EMOTIONAL



WEEK 1 - DAY 5

WORKSITE WELLNESS

HELPFUL RESOURCES:

(CLICK TITLES TO OPEN LINKS)

- [MENTAL HEALTH AMERICA](#)
- [HELP GUIDE](#)
- [CARROLL COUNTY BEHAVIORAL HEALTH RESOURCES & SERVICES DIRECTORY](#)
- [CDC](#)
- [HELPFUL WEBSITES FOR GRIEVING](#)



"MAY LOVE BE WHAT YOU REMEMBER MOST."

-DARCIE SIMS

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](#)



[TECHNIQUES TO HELP RELIEVE PAIN](#)

