Dimensions of Wellness

Wellness involves continued growth and balance in all eight of the dimensions of wellness. When thinking about wellness, many people think of the physical aspects such as nutrition, exercise, weight management, blood pressure, etc. However, wellness includes physical, mental and spiritual components interwoven together. Each of the eight dimensions impact each other and contribute to overall wellness and quality of life. It is important to learn how to take care of yourself in every part of your life.

**Intellectual**
Minds need to be inspired and exercised just as our bodies do.

**Physical**
Physical wellness includes the condition that your body is in, and the absence of disease. Eating well, exercising and caring for yourself will help not only add years to your life, but enhance the quality.

**Spiritual**
Spiritual wellness is about having guiding beliefs, principles, or values that help give meaning and purpose to human existence.

**Occupational**
Occupational wellness is about the happiness and fulfillment that you get from your work.

**Financial**
Financial wellness involves being comfortable with your financial situation.

**Social**
Social wellness involves communicating and creating and maintaining healthy relationships.

**Emotional**
Being emotionally well generally means possessing the ability to feel and express human emotions. It also means having the ability to understand and deal with your feelings.

**Environmental**
Environmental wellness involves being aware of the effects of your daily habits on the physical environment.
Intellectual Wellness

Minds need to be inspired and exercised just as our bodies do. Tips for optimal intellectual wellness:

- Continued learning, problem solving and creativity
- Improving verbal skills
- Showing interest in scientific discoveries
- Keeping up with social and political issues
- Reading books, magazines and newspapers
- Taking a course or workshop
- Learning (or perfecting) a foreign language
- Seeking out people who challenge you intellectually
- Learning to appreciate art

“An Enemy Called Average”

The following is an excerpt from the book, *An Enemy Called Average* by John Mason (2011):

“Exciting, innovative, transforming, productive…

Here’s a great opportunity. Choose to be a person who is on the offensive, not the defensive. Never try to defend your present position and situation. People who live defensively never rise above being average. You will find when all of your reasons are defensive your cause almost never succeeds.

Decide to be on the offensive, to take the initiative. Lukewarm, indecisive people are never secure regardless of their wealth… or position. Never let your quest for balance become an excuse to stay the same. Take the unique, radical, invading move you know you’re supposed to take. Many times the attempt to maintain balance in life is really just an excuse to be lukewarm.

When you choose to be on the offensive, the atmosphere of your life will begin to change. It’s a decision made within. Being on the offensive and taking the initiative are master keys that open doors of opportunity in your life. Learn to create a habit of taking the initiative and don’t ever start your day in neutral. Every morning when your feet hit the floor, you should be thinking on the offensive, moving forward, taking control of your day and your life.”

Sometimes striving for intellectual opportunities comes naturally, other times it takes extra effort, but our minds crave those opportunities in order to be well. In the words of the late Steve Jobs at the Stanford University commencement address (2005), “Stay Hungry. Stay Foolish.”
The Internet has become one of the most widely-used communication media. With the availability of Web server software, anyone can set up a Web site and publish any kind of data which is then accessible to all. The problem is therefore no longer finding information but assessing the credibility of the publisher as well as the relevance and accuracy of a document retrieved from the Net (HONcode, 2011).

There are six criteria that should be applied when evaluating any Web site: authority, accuracy, objectivity, currency, coverage, and appearance. “For each criteria, there are several questions to be asked. The more questions you can answer "yes", the more likely the Web site is one of quality” (Lydia M. Olson Library, 2009).

**Authority:** Is it clear who is responsible for the contents of the page?
Is there a way of verifying the legitimacy of the organization, group, company or individual?

**Accuracy:** Are the sources for factual information clearly listed so they can be verified in another source?
Is the information free of grammatical, spelling, and other typographical errors?

**Objectivity:** Does the content appear to contain any evidence of bias?
Is there a link to a page describing the goals or purpose of the sponsoring organization or company?
If there is any advertising on the page, is it clearly differentiated from the informational content?

**Currency:** Are there dates on the page to indicate when the page was written, when the page was first placed on the Web, or when the page was last revised?

**Coverage:** Are these topics successfully addressed, with clearly presented arguments and adequate support to substantiate them?
Does the work update other sources, substantiate other materials you have read, or add new information?
Is the target audience identified and appropriate for your needs?

**Appearance:** Does the site look well organized?
Do the links work?
Does the site appear well maintained (Lydia M. Olson Library, 2009)?

Whether writing a research paper, or looking up information for personal use, it is important to find quality information.

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**HONcode (Health on the Net Foundation)**

“In many cases, a given Web site provides no appropriate documentation regarding the scientific design of a medical study, nor are studies made available that support given claims.

The Health On the Net Foundation has elaborated the Code of Conduct to help standardize the reliability of medical and health information available on the Web” (HONcode, 2011).

Web sites that apply and meet the requirements of the HONcode show that they are striving to provide quality, objective health information. They display the HONcode seal on their webpage. Next time you’re looking for quality health and medical information, HONcode sites are a good place to look (HONcode, 2011).
Try a Sudoku Puzzle...

A Sudoku puzzle is a 9 x 9 box. The lines of squares running horizontally are called rows, and the lines running vertically are called columns. The box is further divided by the darker lines into nine 3 x 3 square 'boxes'.

Some of the squares already have numbers in them. Your task is to fill in the blank squares. There's only one rule:

- Each row, column and box must end up containing all of the numbers from 1 to 9.

This rule has an important side-effect, which is the basis of all solving techniques:

- Each number can only appear once in a row, column or box.

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9 5 2      1
 4 2 7
5 3 4      9
 6
8 1 6
 7
3 6
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REFERENCES:


Check out www.nmu.edu/wellness