

## Physical dimension

The ability to maintain a healthy quality of life and developing healthy habits that encourage and allows us to venture or adventure through our daily life activities without undue fatigue or physical stress. To recognize that our behaviors have a significant impact on our wellness, environment and social relationships.

### How do we support this dimension?

- ✓ Adhere to your medication administration plan
- ✓ National Pharmacy
- ✓ Electronic Health Records
- ✓ Trained staff
- ✓ Licensed Nurse oversight
- ✓ Quality Assurance Programs and Audits
- ✓ Exercise daily
- ✓ 'elements' and 'virtue' Life Engagement Programs
- ✓ robust calendar of activities and events
- ✓ Fall Prevention Program
- ✓ Kinesiology Program with Licensed Kinesiologist oversight
- ✓ Physical Therapy
- ✓ Get adequate rest
- ✓ Recognize early signs of illness
- ✓ Eat a variety of healthy foods
- ✓ control your meal portions
- ✓ Use alcohol in moderation, if at all



## Emotional dimension

The ability to understand our self and cope with life challenges while possessing the ability to feel and express human emotions such as happiness, sadness, fear, hope, love, joy and anger in a positive and productive manner. The ability to love and be loved; a sense of fulfillment in life. Optimism, self-esteem, self-acceptance and the ability to share feelings could define emotional wellness.

### How do we support this dimension?

- ✓ Cultivate healthy relationships
- ✓ Get involved
- ✓ Contribute to your community
- ✓ Share your talents and skills
- ✓ Communicate your thoughts, feelings and ideas



## Intellectual dimension

The ability to open our mind and encourage creative, stimulating mental activities. Having a desire to learn new concepts, improve skills and seek challenges. Our minds need to be continually inspired and exercised just as our bodies do. People who possess a high level of intellectual wellness have an active mind and continue to learn. An intellectually well person uses the resources available to expand one's knowledge and improve skills. Keeping up-to-date on current events and participating in activities that arouse our minds are also important.



### How do we support this dimension?

- ✓ Take a lifelong learning course or workshop
- ✓ learn or perfect a foreign language
- ✓ Seek out people who challenge you intellectually
- ✓ Read
- ✓ Learn to appreciate art

## Social dimension

Social wellness refers to our ability to relate to and interact or connect with other people. This means learning good communication skills, developing intimacy with others, and creating a support network of friends and family members. Our ability to establish and maintain positive social relationships could define social wellness.

Social wellness includes showing respect for others and yourself. Contributing to your community and to the world builds a sense of belonging.

### How do we support this dimension?

- ✓ Cultivate healthy relationships
- ✓ get involved
- ✓ contribute to your community
- ✓ share your talents and skill s
- ✓ communicate your thoughts feelings and ideas



## Spiritual dimension

The ability to establish peace and harmony within our lives. Spiritual wellness involves possessing a set of guiding beliefs, principles, or values that help give direction to one's life. It encompasses a high level of faith, hope and commitment to your individual beliefs that provide a sense of meaning and purpose. It is willingness to seek meaning and purpose in human existence, to question everything and to appreciate the things which cannot be readily explained or understood. This description could define spiritual wellness. Your internal relationship with spirituality is each one's true definition.

A spiritually well person seeks harmony between what lies within as well as the forces outside.

### How do we support this dimension?

- ✓ Explore your spiritual core
- ✓ Spend time alone/meditate regularly
- ✓ Be inquisitive and curious
- ✓ Listen with your heart and live by your principals
- ✓ Allow yourself and those around you the freedom to be who they are



## Environmental dimension

The ability to recognize one's responsibility to make a positive impact on the quality of our environment. It consists of maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment, homes and our local community.

### How do we support this dimension?

- ✓ Stop your junk mail
- ✓ Use natural products
- ✓ Reduce, reuse, recycle
- ✓ Renew your relationship with the earth

