FINDING BALANCE for Overall Wellness

LeQui Raymond, Wellness Coordinator, OU Fitness and Recreation
Creating a Balanced Life
8 Dimensions of Wellness

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition.

FINANCIAL
Satisfaction with current and future financial situations.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work.

Also SAMHSA’s 10x10 Wellness Campaign.
Activity– The Wellness Wheel
Goal Setting

• What can you do to regain balance?
• Set goals to help you focus more on what is important to you. Write them down.
  • Things I will START doing to regain balance in my life.
  • Things I will STOP doing to regain balance in my life.
• Keep it simple and avoid overwhelming yourself.
• Celebrate the small victories.
• Give yourself permission to have “off” days. It’s about progress – not perfection.
• As a result of doing this assessment, I intend to improve my life balance by:

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