

The Employee Advisory Service Newsletter

Employee Advisory Service (EAS) offers you and your family valuable, confidential referral and assistance service designed to help you manage daily responsibilities, life events, work stressors or issues affecting your quality of life.

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

Denis Waitley

http://www.brainyquote.com/quotes/authors/d/denis_waitley.html#cthZGToHty7b9h33.99

SPIRITUAL WELLNESS

The spiritual dimension of wellness involves seeking meaning and purpose in human existence. You will begin to develop a profound gratitude of natural forces of the universe when working on your spiritual wellness.

As you begin developing your “spiritual wellness” dimension you will begin to examine who you are, the meaning of your life, and your purpose in life. You will pay more attention to your surroundings and become more in tuned with every day experiences and value things you may not fully understand.

Different feelings may surface while traveling your spiritual path. Feelings of disappointment, pleasure, dislocation, as well as happiness may ascend. You will know when you are becoming more in tuned spiritually when your actions become consistent with your beliefs and values.

Spiritual Wellness Self-Assessment

Almost always = 2 pts Sometimes/occasionally = 1 pt Very seldom = 0 pts

1. ___ There is a direct relationship between my personal values and daily actions.
2. ___ When I get depressed or frustrated, my spiritual beliefs and values give me direction.
3. ___ Prayer, meditation, and/or quiet personal reflection is/are important in my life.
4. ___ Life is meaningful for me, and I feel a purpose in life.
5. ___ I am able to speak comfortably about my personal values and beliefs.
6. ___ I am understanding of and try to learn about others' beliefs and values, especially those different than my own.
7. ___ I have a strong sense of optimism, and use my thoughts and attitudes in life-affirming ways.
8. ___ I appreciate the natural forces that exist in the universe.
9. ___ I am tolerant of and try to learn other beliefs and values.
10. ___ I am consistently striving to grow spiritually and I see it as a lifelong process.

___ **Total Points**



- Score: 15 – 20** Excellent strength in this dimension. Keep up the good work.
- Score: 9 – 14** There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
- Score: 0 – 8** This dimension needs a lot of work. Look again at the areas where you can challenge yourself to begin making small steps towards growth. Remember: The goal is *balanced wellness*.

Tips for Improving Spiritual Wellness

- Practice acceptance by seeing life right now as it should be.
- Explore your spiritual core by getting to know the inner you and identifying with it
- Take 7 breath breaks – close your eyes and take seven deep belly breaths.
- Practice detachment – be free and allow those around you to be themselves. See that solutions come out of problems.
- Be quiet – achieve the inner peace through meditation and alone time
- Be inquisitive and curious – actively search to increase your spiritual grounding.

Source: <http://definitionofwellness.com/dimensions-of-wellness/spiritual-wellness.html>

Social Wellness

The social dimension of wellness inspires contributing to your human and physical environment to the common welfare of your social environment. Social wellness is interacting with others and enjoying it while you are doing so. Social wellness will allow you to appreciate your family and friends and synchronize with them. You should allow yourself to be surrounded by likeminded people as well as become involved in social activities you enjoy doing.

Working with social wellness will help you learn to communicate with those around you better. You will be able to communicate better with those around you when you strengthen your social wellness environment. Communication is the key. When exploring social wellness you will begin to realize you can make willful choice to positively increase relationships, friendships, your community and the world.

Social Wellness Self-Assessment

Almost always = 2 pts Sometimes/occasionally = 1 pt Very seldom = 0 pts

- ___ 1. I contribute time and/or money to community projects.
- ___ 2. I am committed to a lifetime of volunteerism.
- ___ 3. I exhibit fairness and justice in dealing with people.
- ___ 4. I have a network of close friends and/or family.
- ___ 5. I am interested in others including those with different background than mines.
- ___ 6. I am able to balance my own needs with needs of others.
- ___ 7. I am able to get along with and communicate with a wide variety of people.
- ___ 8. I obey the laws and rules of our society.
- ___ 9. I am a compassionate person and try to help others when I can.
- ___ 10. I support and help with work, family and social gatherings.

___ **Total Score for Social Wellness**

Score: 15 – 20 Excellent strength in this dimension. Keep up the good work.

Score: 9 – 14 There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: 0 – 8 This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps towards growth here Remember: The goal is *balanced wellness*.

Tips to Increase Social Wellness

- Join a club or organization that interest you
- Contact and make an effort to talk with people who are supportive in your life
- Get to know your personal needs and pursue others who have a common interest and nurture those needs
- Practice self disclosure
- Attend a wellness forum

<http://definitionofwellness.com/dimensions-of-wellness/social-wellness.html>

“A healthy **social** life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living”

–Rudolf Steiner–



Health and Wellness Observations

Firework Safety Tips

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.

<http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Fireworks/>

Your EAS Newsletter is published by the Employee Advisory Service and is intended for general information purposes only.

If you would like to schedule an appointment; need assistance with personal/work-related issues or need general information

contact EAS directly at

866-327-9133

eas_help@csc.state.nj.us

We are happy to assist you.



Chris Christie
Governor
Kim Guadagno
Lt. Governor

Robert M. Czech
Chair/Chief
Executive Officer

June:

National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncsdf.org

National Safety Month
National Safety Council
www.nsc.org

June 9 (Second Sunday in June)
National Children's Day
www.nationalchildrensday.us

June 27 (same date each year)
National HIV Testing Day
National Association of People with AIDS
www.napwa.org

July:

Eye Injury Prevention Month
Federal Occupational Health
www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp

July 7 – 13 (second week in July)
National Therapeutic Recreation Week
NTRS - Branch of the National Park and Recreation Association
www.nrpa.org

(June & July)
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworksafety.com

http://c.ymcdn.com/sites/www.nationalwellness.org/resource/resmgr/2013_nwi_healthobsveal.pdf

