

The Employee Advisory Service Newsletter

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

BRIEF OVERVIEW OF “THE 8 DIMENSIONS OF WELLNESS”

WHAT IS WELLNESS?*

Wellness is “a state of optimal well-being that is oriented toward maximizing an individual’s potential.”

*Source: http://www.mckinley.illinois.edu/units/health_ed/wellness.htm

EIGHT DIMENSIONS OF WELLNESS*

Life issues such as work, stress, addiction, family disputes, and illness can severely impact our wellness. Balancing these dimensions play a key role in living a healthy productive lifestyle.

There are eight dimensions of wellness

- Emotional
- Financial
- Social
- Spiritual
- Occupational
- Physical
- Intellectual
- Environmental

The first step to wellness is being willing to take control of our own lives. The best way to take control is through empowerment with positive habits and ways of thinking.

Below is a brief overview of each dimension.

- **Emotional Wellness** consists of having a positive constructive way of expressing yourself to others. This dimension is where coping skills for life stressors are essential.
- **Financial Wellness** consists of understanding priorities of sustaining ourselves financially to meet our everyday needs. This dimension will help you better understand how to take control of your finances.
- **Social Wellness** consists of your relationship and communication with family, friends, and coworkers. This dimension allows one to explore the connection to others.



- **Spiritual Wellness** consists of us having a meaning and purpose to life. This dimension allows one to research one’s sense of peace along with our personal purpose and meaning.
- **Occupational Wellness** examines your employment and career opportunities. This dimension allows one to explore career interest and community involvement that have substance and meaning
- **Physical Wellness** consists of maintaining a healthy body to live a long and vigorous life. This dimension promotes a healthy lifestyle through nutrition, exercise, and other productive ways.
- **Intellectual Wellness** encourages ongoing education and acceptance of new ideas and challenges. This dimension will peak interest in critical thinking and new horizons.
- **Environmental Wellness** consists of our awareness of surroundings both in the environment and the community. This dimension will impact safety and surroundings.

In upcoming issues of the newsletter we will provide more information to support your wellness.

*SOURCE: January, 2012 Institute for Wellness and Recovery Initiatives, Collaborative Support Programs of NJ, Inc. <http://welltacc.org/index.php/wellness.html>



**“Sometimes
slowing down and
reevaluating
the situation
will allow
you to see
the bigger
picture.”**

http://www.glasbergen.com/wp-content/gallery/stress/toon_45.gif

“The Greatest Wealth is Health.”

~Virgil

<http://www.quotegarden.com/health.html>

**“Great Works Are Performed Not By
Strength, But By Perseverance.”**

~Samuel Johnson

*(English author, published The Dictionary of English
Language in 1755)*

<http://www.brainyquote.com/quotes/quotes/s/samueljohn121919.html>

State Health Benefits Health Care Resources Sites:

Horizon: <http://shbp.horizonblue.com/health-wellness>

Aetna: www.aetna.com

Health & Wellness Observances*

February:

AMD/Low Vision Awareness Month

www.preventblindness.org

Wise Health Consumer Month

American Institute for Preventive Medicine

www.healthylife.com

March:

Spiritual Wellness Month

[http://www.definitionofwellness.com/
dimensions-of-wellness/spiritual-wellness.html](http://www.definitionofwellness.com/dimensions-of-wellness/spiritual-wellness.html)

National Nutrition Month

www.eatright.org/nnm/

***For more Health & Wellness Observances,
please follow this link:**

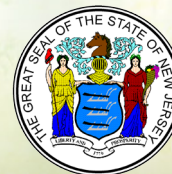
<http://healthfinder.gov/NHO/nho.aspx?year=2013>

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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.

We are happy to assist you.

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