



5 Dimensions of Wellness

Colorado Spirit
Jefferson Center for Mental Health

Our Team



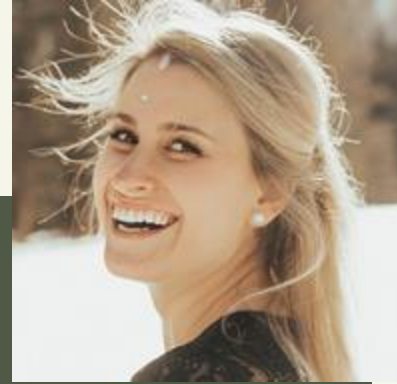
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Learning Objectives

1. Explore personal value systems
2. Define the five areas of wellness and connect values to definitions of wellness
3. Redefine self-care as wellness
4. Explore challenges and brainstorm solutions
5. Discuss how to integrate wellness into daily routines
6. Feel comfortable applying and implementing this knowledge and the skills in clinical settings

Values Work

The basic conviction and notion of what is right and wrong or what is aligned with the voice that speaks inside.



THE VOICE

There is a voice inside of you
That whispers all day long,
"I feel that this is right for me,
I know that *this* is wrong."
No teacher, preacher, parent, friend
Or wise man can decide
What's right for you—just listen to
The voice that speaks inside.

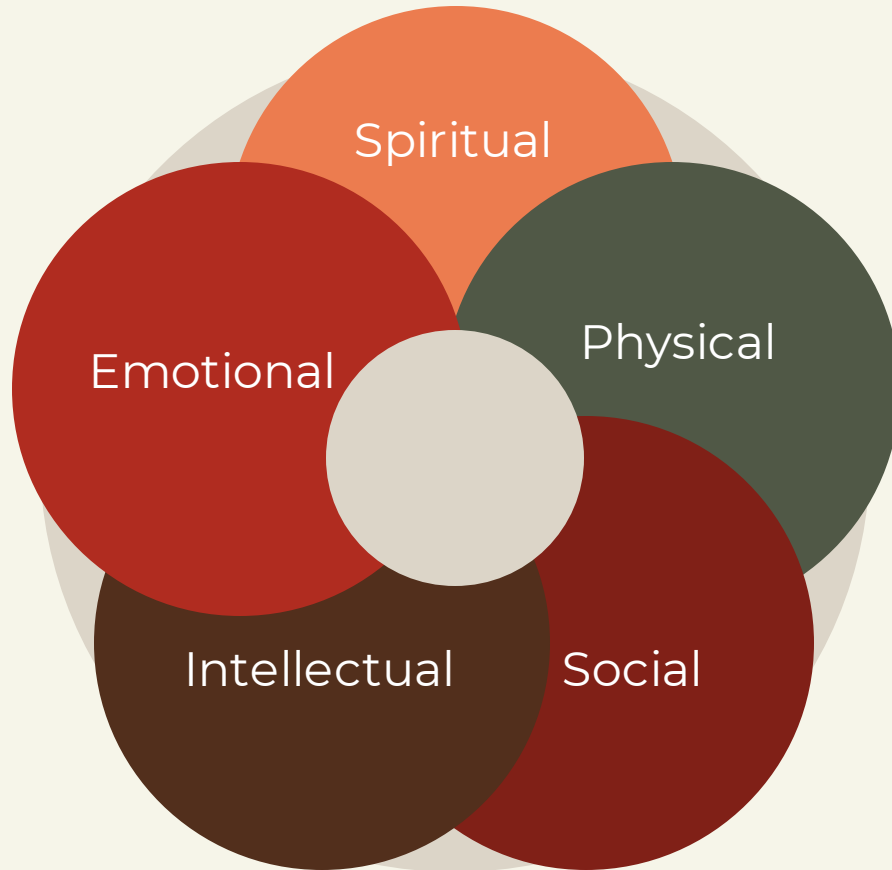
Shel Silverstein,
Falling Up, 1996



We can feel
like we lose
our core
values during
times of stress
or trauma.



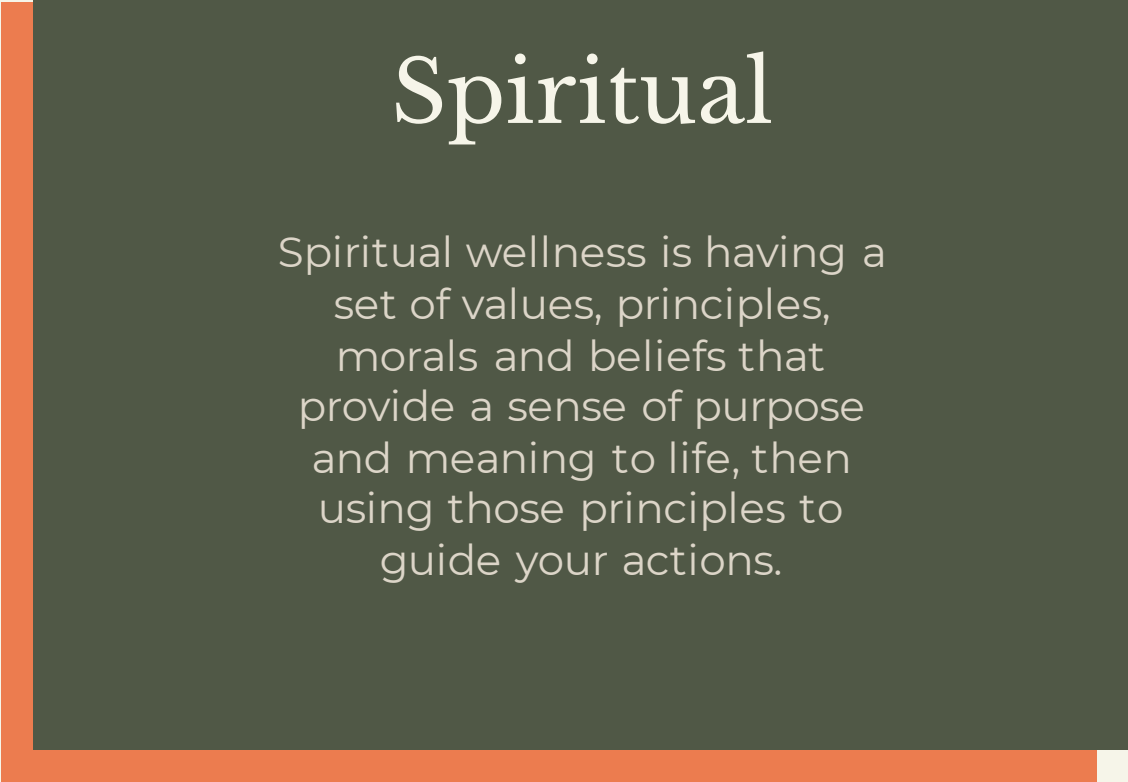
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Spiritual

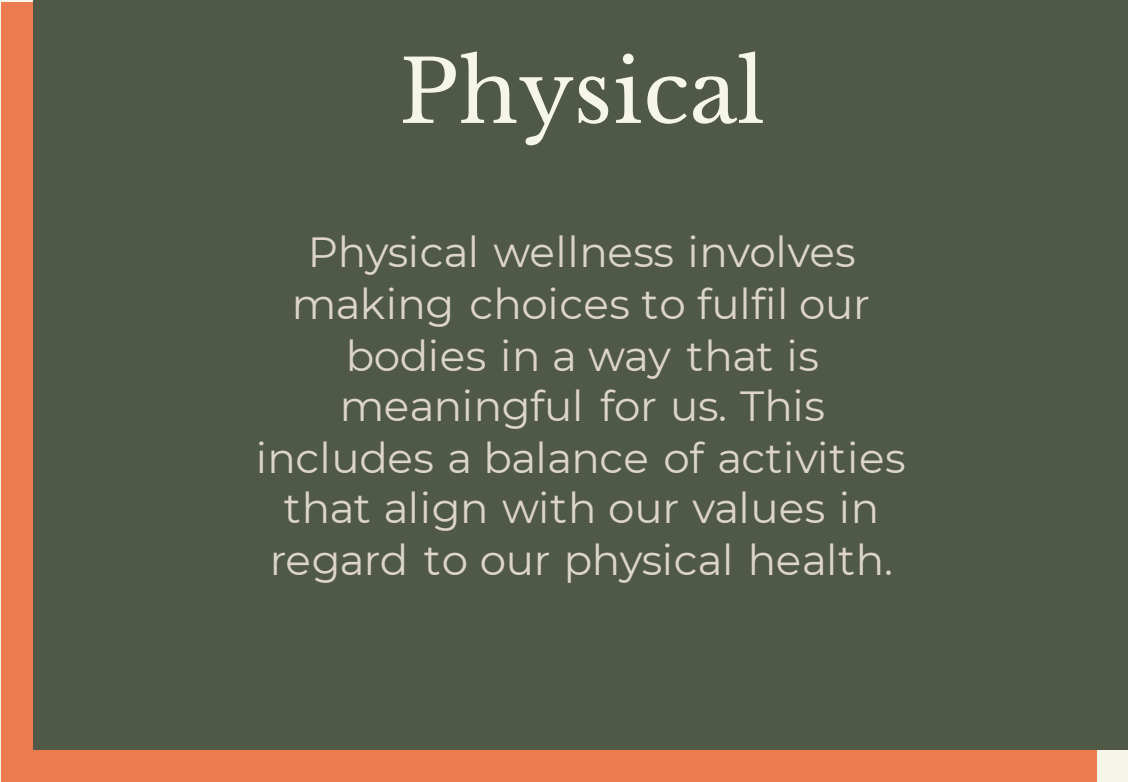
Spiritual wellness is having a set of values, principles, morals and beliefs that provide a sense of purpose and meaning to life, then using those principles to guide your actions.





Physical

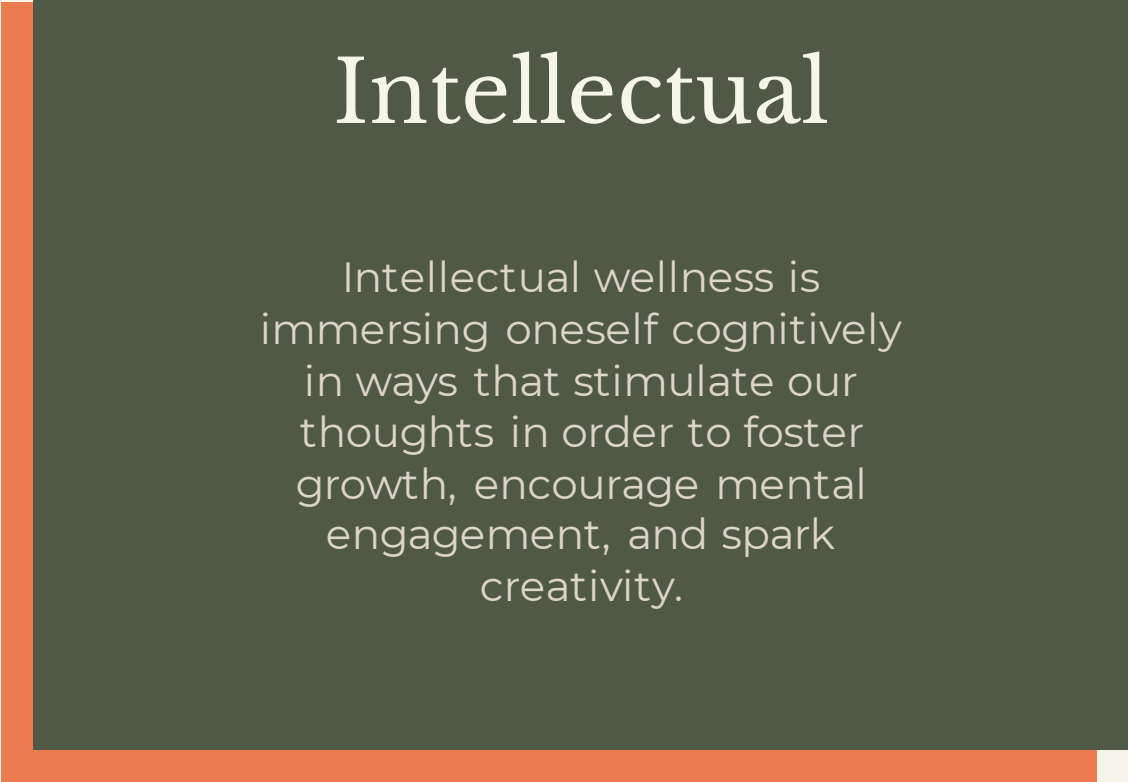
Physical wellness involves making choices to fulfil our bodies in a way that is meaningful for us. This includes a balance of activities that align with our values in regard to our physical health.





Intellectual

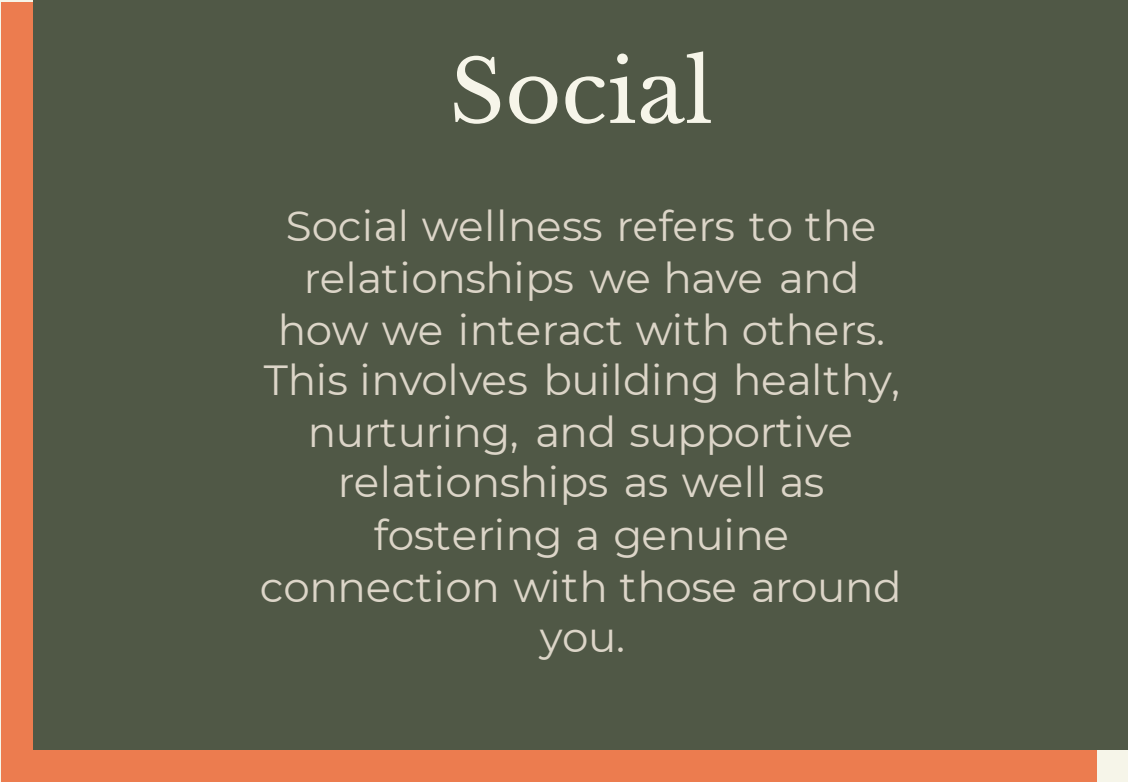
Intellectual wellness is immersing oneself cognitively in ways that stimulate our thoughts in order to foster growth, encourage mental engagement, and spark creativity.





Social

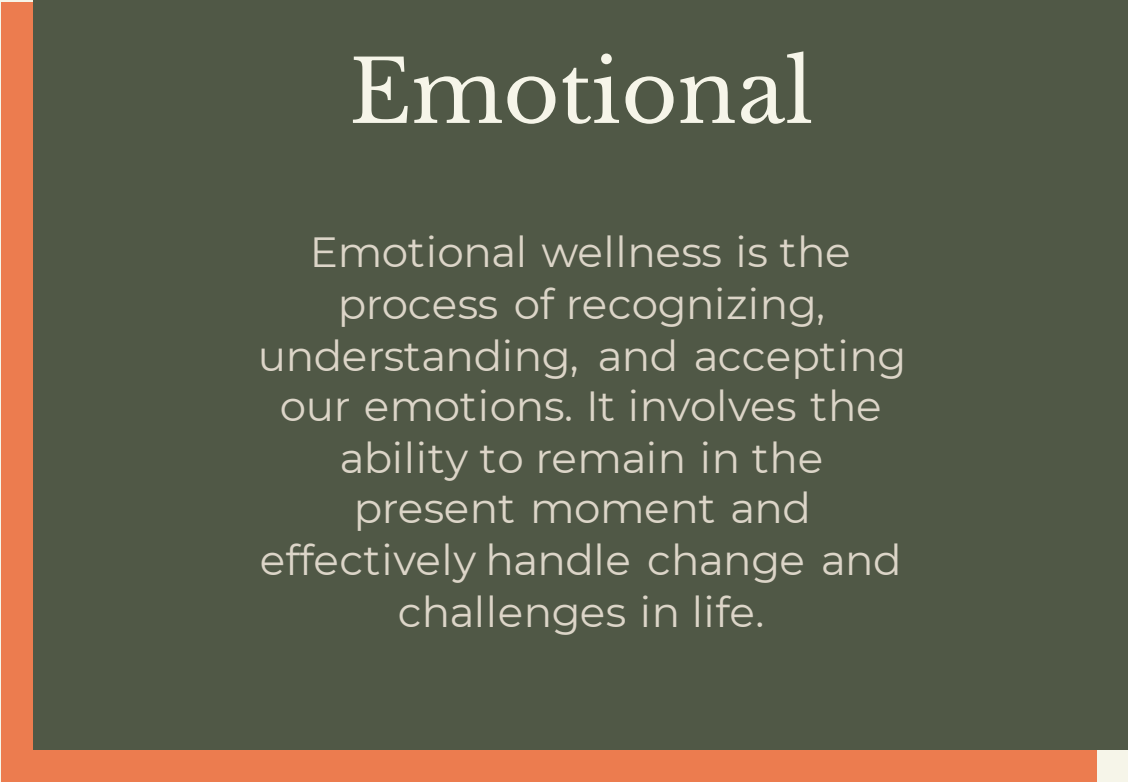
Social wellness refers to the relationships we have and how we interact with others. This involves building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.



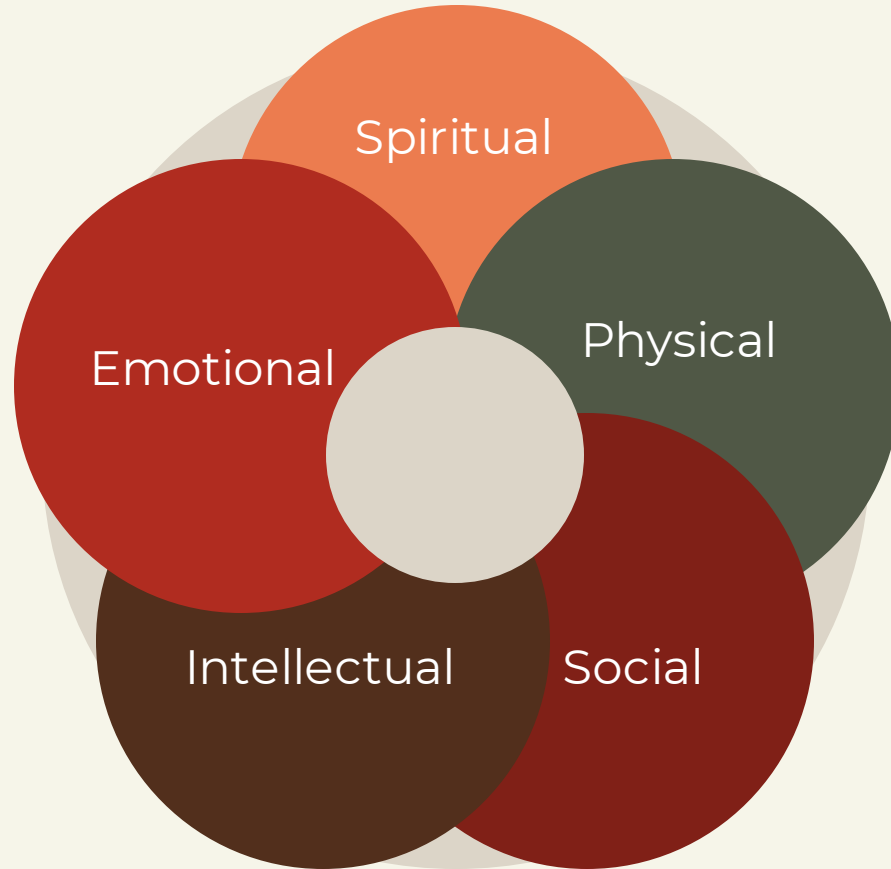


Emotional

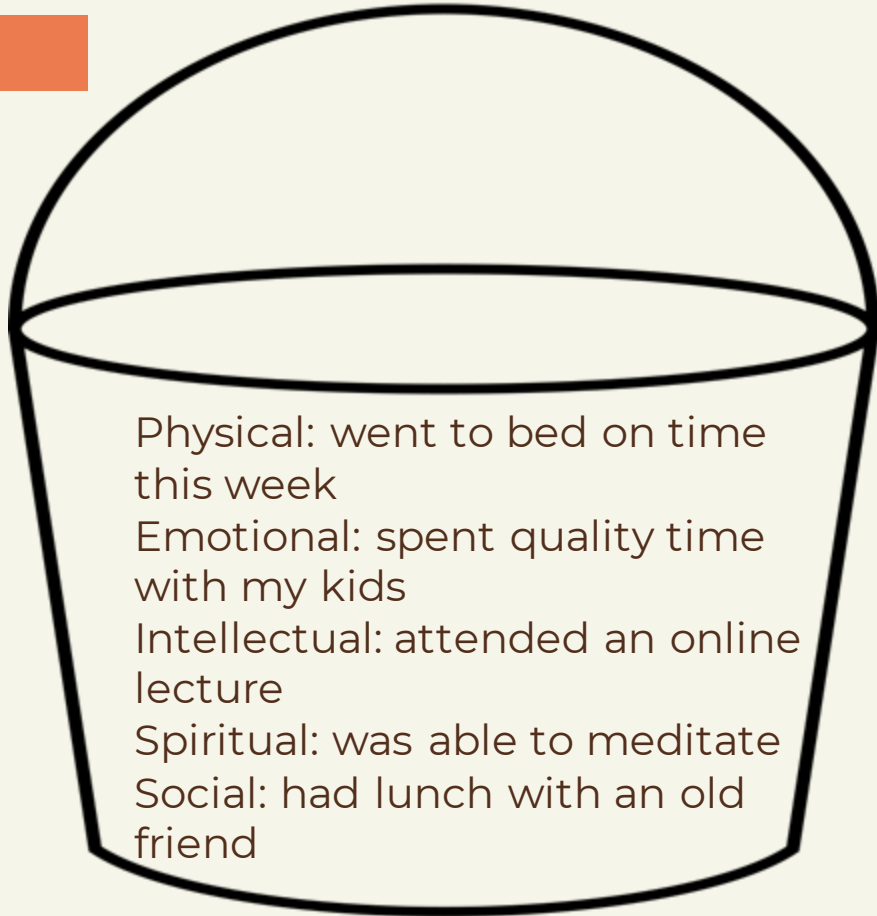
Emotional wellness is the process of recognizing, understanding, and accepting our emotions. It involves the ability to remain in the present moment and effectively handle change and challenges in life.



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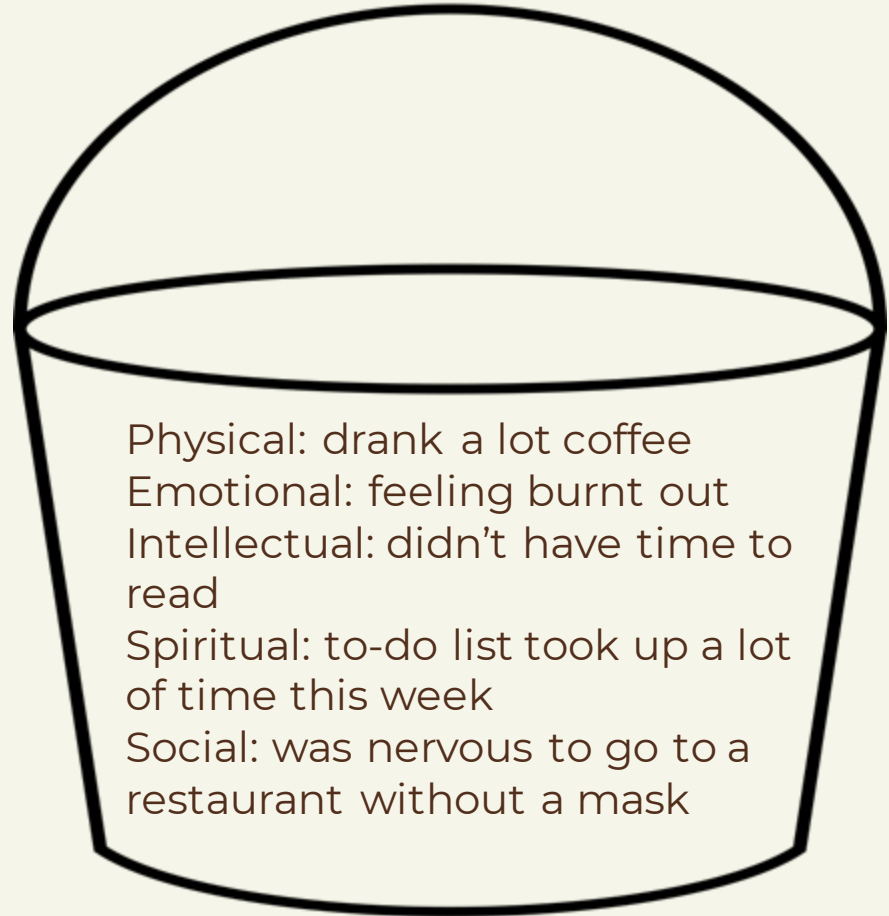


Success



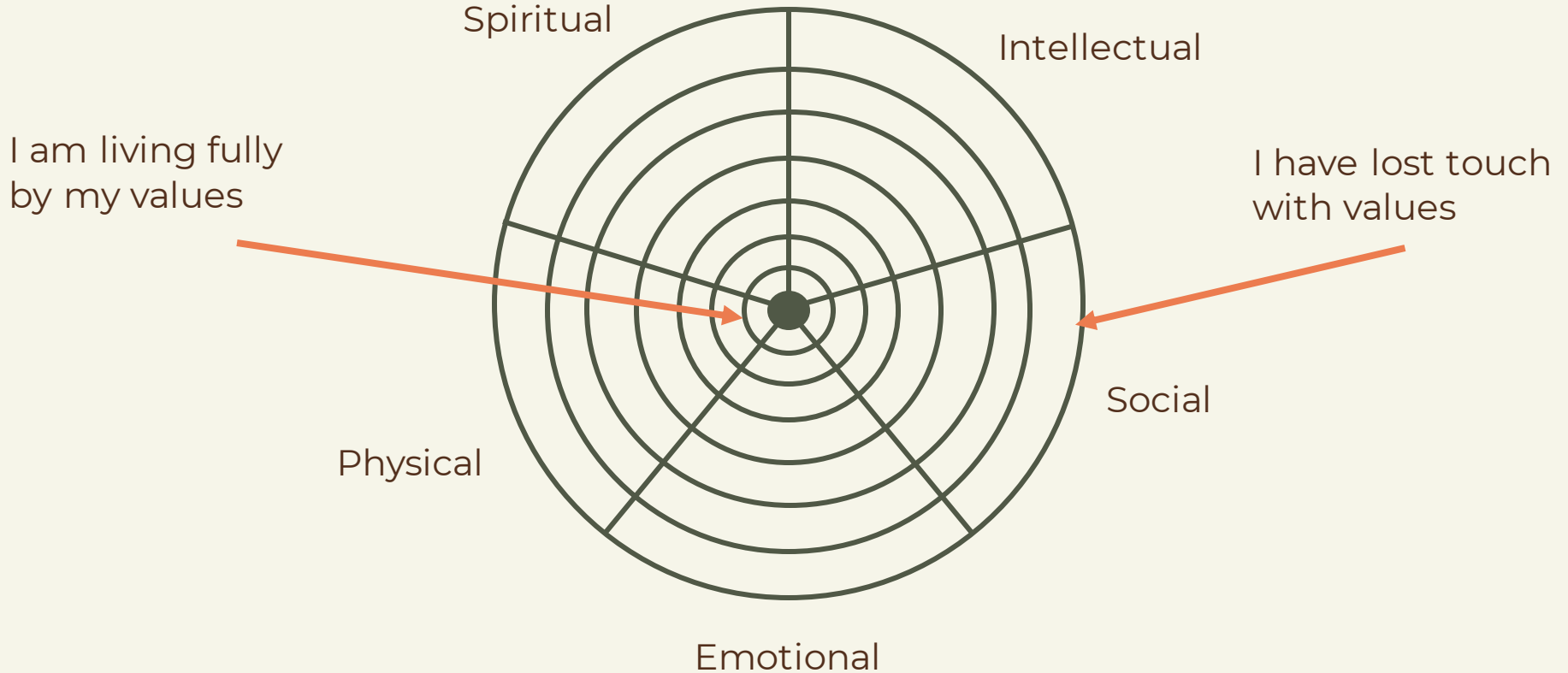
Physical: went to bed on time this week
Emotional: spent quality time with my kids
Intellectual: attended an online lecture
Spiritual: was able to meditate
Social: had lunch with an old friend

Obstacles



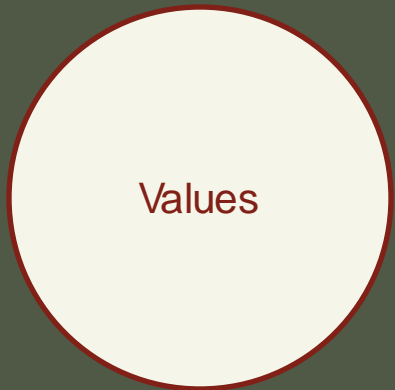
Physical: drank a lot coffee
Emotional: feeling burnt out
Intellectual: didn't have time to read
Spiritual: to-do list took up a lot of time this week
Social: was nervous to go to a restaurant without a mask

Where do I find myself today?





Intentionality



Values



Wellness

Questions?

Email: co_spirit@jcmh.org

Resource line: 720-731-4689

24/7 Crisis line: 1-844-493-8255

<https://www.cospirit.org/sign-up>

<https://www.jcmh.org>

