

The Six Dimensions of Wellness

Wellness is more than “absence from disease.” It is a state of well-being in which one consciously seeks balance of the intellect, spirit, body, occupation, society and emotions. SilverSneakers® Yoga enhances this balance through an activity that helps create healthier, more proactive and self-determined human beings and positively influences the dimensions of wellness:

- 1. INTELLECTUAL:** Do you feel engaged creatively and mentally? Are you continually seeking to expand your knowledge and skills? The lifelong learner’s satisfaction with creative and intellectual pursuits also increases the potential for sharing with others.
- 2. SPIRITUAL:** Do you have an appreciation for the meaning of life and the expanse of nature? Are you at peace with your place in the universe? Do you have a set of beliefs and values that give purpose to your life? Spiritual wellness involves developing a strong sense of personal values and ethics.
- 3. PHYSICAL:** Do you get enough exercise? Eat a balanced diet? Do you practice safe driving and medical self-care? Do you avoid the use of tobacco, drugs, and excessive alcohol consumption? If you take good care of your body, it will repay you with years of good service.
- 4. OCCUPATIONAL:** Do you find your work satisfying and have a balance between your work and leisure time? Do you enjoy new responsibilities and look forward to achieving better results? Your attitudes about work can greatly affect your job performance and interactions with coworkers. Strive toward occupational wellness to increase personal satisfaction and enrichment.
- 5. SOCIAL:** How satisfying are your relationships with your spouse, family, friends and associates? Are you active in community affairs? Do you contribute to protecting the environment by conserving and recycling? Harmonious interaction with the Earth and its citizens defines social wellness.
- 6. EMOTIONAL:** Are you able to recognize and accept your feelings, strengths and limitations? Can you manage your emotions and cope with stressful events? Achieving emotional wellness allows you to experience life’s ups and downs with enthusiasm and grace and maintain satisfying relationships with others.

For further information, visit - <http://www.icaa.cc/activeagingandwellness/wellness.htm>

