

WELLNESS WORKBOOK FOR SAVVY SENIORS





CONTENTS

Introduction	4
 Goal Identification	
Wheel of Life	7
Goal Setting	10
 Eight Wellness Dimensions	
Physical	11
Intellectual	16
Environmental	20
Emotional	24
Financial	29
Social	34
Spiritual	38
Occupational	43
 Reference List	 48
 Additional Reading	 50

INTRODUCTION

This workbook is an initiative of the Northern Collaborative Project in collaboration with the Northern Seniors Community Ambassadors and the Community Development Department of the City of Salisbury.

Wellness is an objective of the Commonwealth Government's home-based care programs.¹ This workbook specifically addresses the issue of "wellness" for seniors.

Health is freedom from disease; wellness is a positive component of health that involves having a good quality of life and a good sense of well-being.² Wellness can be described as a positive state related to the enjoyment of life, feeling connected to others, the ability to deal with challenges, and having a strong sense of purpose and control.

Disease is incompatible with health, but not with wellness. For example, a dying patient who has led a rewarding life and is surrounded by a loving family and friends may still enjoy high level of wellness.³

Wellness moves the definition of health and wellbeing away from the practice of managing disease into the areas of prevention and proactive strategies. It is being personally responsible for your own wellbeing through the eight dimensions to wellness:⁴



Each wellness dimension is mutually dependent on the others and can affect the overall quality of life. It can directly relate to how long we live (longevity) and how well we live (quality of life).

Attention is drawn to the fact that because of the relationship between the dimensions these relationship links have an impact. For example when we have increasing debt (financial) we can experience anxiety (emotional), sometimes leading to illness (physical), less effectiveness at our work (occupational), including voluntary work and may even question our own meaning and purpose in life (spiritual). We may lose some of our opportunities to interact with others (social), ignore the need for the quality foods and medical care to stay well (physical) and may need to move to a place that feels less safe and secure (environmental). We may feel that we have a lot to contribute to society but are not challenging ourselves (intellectual)

Stress, addiction, trauma, disappointment and loss can impact our wellness and the “balance” in our lives. It is important to balance our work with play and rest to balance time for recuperation and recovery while living full and productive lives.

According to Lindquist et al., 2006, older adults did not deny the presence of a serious illness, but their efforts and energies were concentrated on achieving things (within the eight dimensions) thereby keeping them well.⁵

Habits are key to wellness. Our habits affect what we do, how we feel, how we work, how we fuel our minds and bodies and how we spend or save money. Habits become ingrained and we have to work consciously to maintain or establish good habits that contribute to our wellness, our valued roles and our personal goals. Some habits (excessive alcohol, gambling, harmful drugs or chemicals, consumption of energy drinks, sugar and fat laden foods) can have immediate or long term negative effects on wellbeing.

Another part of wellness is our valued roles, such as a friend, worker, volunteer, student, colleague, parent, spouse and community member. These roles provide an identity, drive our daily activities and ignite our passions.

Wellness involves a sense of empowerment. Each day we wake up we can make choices. Empowerment goes hand-in-hand with taking personal responsibility for our day-to-day choices in our lives.

This workbook is designed to help you think about your own wellness—what you already do (your daily routines, habits and valued life roles and activities), what else you can do or learn to do, and what type of supports you need to focus on your wellness goals.

According to the National Institute of Wellness www.nationalwellness.org

“Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.”⁶

In a nutshell, wellness:

1. **Is an active process** – which means it takes time and intention.
2. **Needs awareness** – which means paying attention to the different aspects of your life.
3. **Requires choices** – which means you’re in the driver’s seat, and;
4. **To maintain wellness you need to start NOW**

WHEEL OF LIFE⁶

The Wheel of Life illustrates the Eight Wellness Dimensions with each 'slice' of the wheel representing one of the eight dimensions.⁷

In coaching, the Wheel of Life is used to help people determine what dimensions to work on. Getting started is easy, first rank your satisfaction in each area of your life then decide which area(s) are the most important for you to focus on to improve your level of satisfaction.



- The centre of the wheel is “0” and the outer edge is “10”. “0” represents “not satisfied”, and 10 represents “highly satisfied”.
- Draw a straight or curved line in each slice to create a new outer edge (see example)
- The new perimeter of the circle (now irregular) represents your ‘Wheel of Life’.
- For most this would be considered a bumpy ride?

Remember this is not about getting “tens”, it is about identifying dimensions that can improve your wellness. The above example identifies dimensions with scores 2,3,4 and 5, these scores are low and are areas to focus on.

Whether grandiose or down to earth, goals are a part of everyone’s life. That’s still true as we age.

Setting goals for yourself gives you that extra push to achieve and enjoy a quality of life. You are never too old to have dreams and setting goals is how we achieve dreams, giving a huge sense of accomplishment.

Remember that your goals can change at any time, subject to changes in your life!
“Life is here to be lived, whatever age you are”. ITA Buttrose ABC 28/2/2019

WHEEL OF LIFE

Before you fill in the wheel, below are brief descriptions of the characteristics of the 8 Wellness Dimensions. More Comprehensive descriptions of the dimensions are included later in the workbook.

Physical Wellness - can be described as getting adequate sleep, eating a healthy and balanced diet, being physically active every day and obtaining appropriate and timely health care.

Intellectual Wellness - is about being actively involved and engaged in creative and mentally stimulating activities.

Environmental Wellness - is the most outward-looking of all the wellness dimensions, it involves a person's awareness and respect for nature and the general environment, as well as their more immediate surroundings.

Emotional Wellness - involves the ability to express feelings, enjoy life, adjust to emotional challenges and cope with stress and traumatic life experiences.

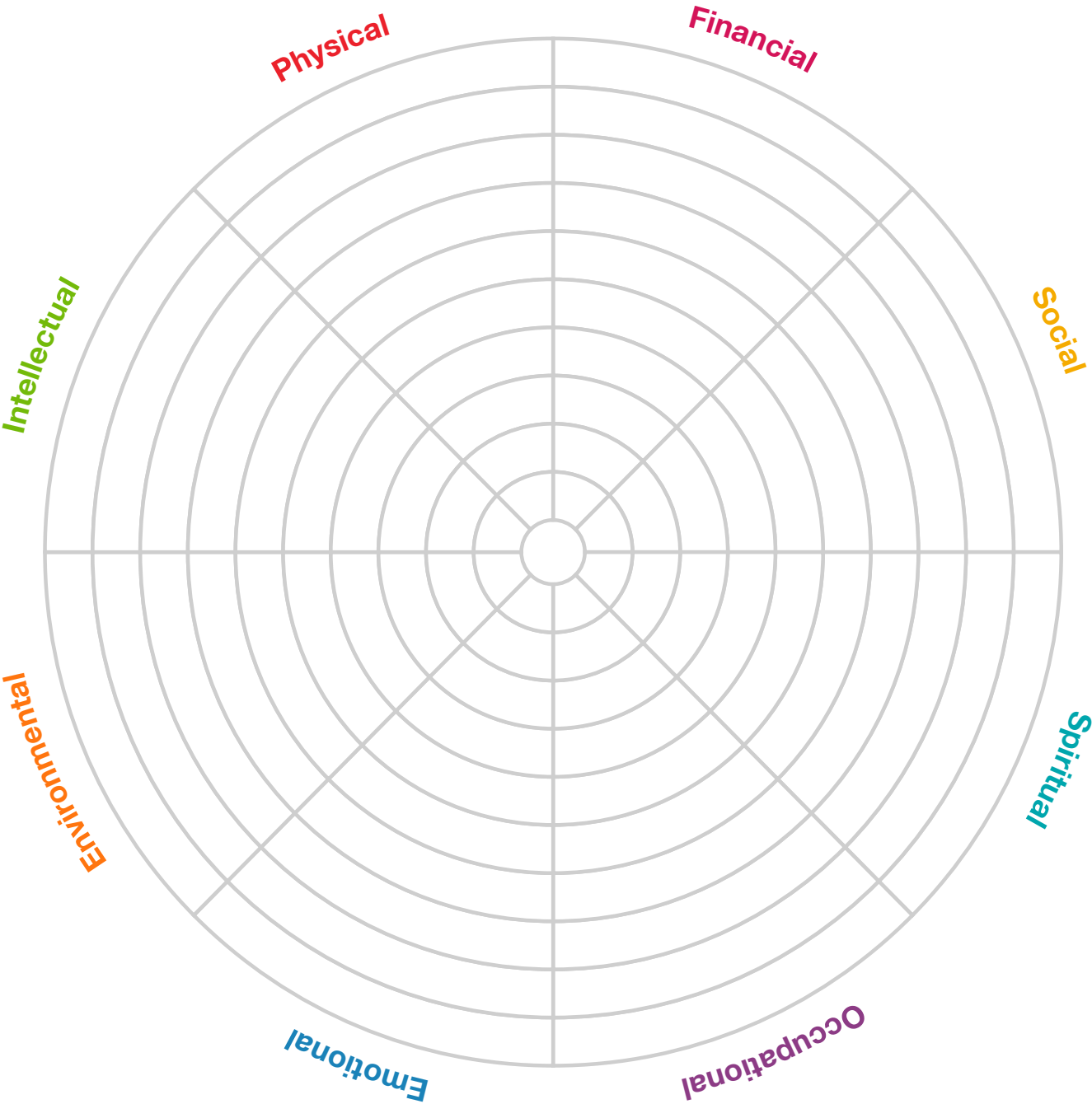
Financial Wellness - involves the ability to have financial resources to meet practical needs and a sense of control and knowledge about personal finances.

Social Wellness - involves maintaining relationships with friends, family and the community, and having an interest in and concern for the needs of others and humankind.

Spiritual Wellness - is being connected to something greater than yourself and 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.²⁴

Occupational Wellness - is the ability to get personal fulfilment from our occupations (paid or voluntary) while still maintaining balance in our lives. Our desire to contribute in our roles to make a positive impact on the organisation we work in and to society as a whole leads to Occupational Wellness.²⁶

WHEEL OF LIFE



GOAL SETTING

Setting goals is an effective way to increase motivation while tracking progress throughout life. Most people set goals through their working life and then set aside this essential skill when they retire. Having goals is a sign that you haven't given up on life. Not only that, by establishing goals and working to attain them, you can maintain independence as the years go by.⁸

Goals provide purpose. Purpose helps us have a good quality of life. Goals in your senior years could very well make the difference between independence and caring for yourself in your own home or with a little help, or alternatively dependence on family, others or institutions.⁹

The SMART model stands for Specific, Measurable, Attainable, Relevant and Timed. It is one of the most widely used goal-setting tools. Applying the SMART model as you set goals will ensure clear, timely, important and achievable objectives.

Some questions to ask yourself as you set your SMART goals are:

Specific: (Clearly identify where you are going)

- **Who** does this goal relate to?
- **What** exactly do you want to accomplish?
- **What** will it look like when you reach your objective?
- **Where** this is going to happen?
- **When** is this going to happen?
- **Why** is this important?

Measurable: (How will you measure progress)

- Quantify the goal (put it into a number) so you know when you have reached it.
- How could you state this objective so your progress toward it is measurable?

Achievable: (What is within your capabilities and depends only on you)

- Is this goal within your capabilities? Is it reasonable?
- Are there any barriers or circumstances that prevent you reaching this goal?
- Does this goal depend on anyone else's choices? How can we reword it so it only depends on you?

Relevant: (Do you care enough about this goal to make it a priority)

- Why is this important to you?
- What are you willing to let go of or cut from your schedule to work on this goal?
- On a scale of 1 to 10 how important is it that you reach this goal?

Timed: (It has a deadline)

- When will you reach this goal?
- When will you start?
- Are there milestones along the way?

PHYSICAL WELLNESS

Physical Wellness involves the maintenance of a healthy body, good physical health habits, good nutrition and exercise and obtaining appropriate health care in a timely manner.¹⁰

Weight Control

Losing weight and keeping it off takes a combination of eating fewer calories and burning more energy. Eat nutrient-dense, low-calorie foods such as fruits, vegetables and lean meats and other proteins that will fill you up.¹¹

Health

Regular exercise and good nutrition may assist in the prevention of a myriad of conditions including heart disease, hypertension, stroke, diabetes, arthritis, osteoporosis and depression. Consult your doctor to make sure your diet and exercise plans are compatible with your medications and health conditions.

Sleep

If you exercise for 30 minutes a day, you may find you sleep more soundly at night. A good night's rest will improve your mental acuity and energy levels the next day.¹¹

In addition some of the many benefits of regular exercise for older people include:

- **Muscle** – Muscle mass can increase after regularly exercising for a relatively short period of time.
- **Bone** – Exercise may help to reduce the risk of bone loss and osteoporosis. Weight-bearing exercise, in particular, helps to keep bones healthy and strong.
- **Heart and lungs** – Regardless of age, people are able to improve their cardiorespiratory fitness through regular exercise.
- **Joints** – The joints of the body require regular movement to remain supple and healthy. In particular, people with arthritis can benefit from aerobic and strengthening exercise programs.
- **Body fat levels** – Regular exercise burns kilojoules, increases muscle mass and increases metabolism. Together, these physiological changes help an older person maintain an appropriate weight for their height and build.

PHYSICAL WELLNESS CONT'D

Common Myths – Physical Exercise for Seniors

According to Better Health Victoria many older people believe that exercise is no longer relevant. Some of the common misconceptions are:

- Older people are frail and physically weak
- The human body doesn't need as much physical activity as it ages
- Exercising is hazardous for older people because they may injure themselves
- Only vigorous and sustained exercise is of any use

Key Points about Regular Exercise

- Break down your ultimate physical fitness goals into small, measurable, achievable, realistic and 'time-framed' mini-goals.
- Keep a training diary to monitor your progress.
- Don't forget to see your doctor before starting any new fitness program, specifically if you haven't exercised for a long time.
- Check out what exercise programs are available in your local area.

Making any lifestyle change can be challenging. Having an end goal is great but don't forget that by establishing the smaller interim mini-goals allows you to celebrate along the way to the bigger end goal.

PHYSICAL WELLNESS CONT'D



**IDENTIFYING
GOALS**

for physical wellness

Write the things you would like to achieve

PHYSICAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	Walk 30 minutes/day, 5 days a week. I will walk fast enough to be sweating and breathing heavily.
M	MEASURABLE How will you track the activity?	I will record how long I walked and the date of each walk.
A	ACHIEVABLE Can you meet this goal?	Yes, I will increase the amount of time I walk each week, until I reach 30 minutes/day.
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, I will see many health benefits that are important to me.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	Yes, I would like to reach my goal in 6 months.

PHYSICAL WELLNESS CONT'D

My own SMART goals for physical fitness.

For each SMART goal you set, make sure it focuses on the goal (walking 30 minutes per day) rather than an end result (such as losing weight).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

INTELLECTUAL WELLNESS

Intellectual Wellness is about being actively involved and engaged in creative and mentally stimulating activities.¹²

The intellectually well person enjoys expanding their knowledge and skills and stimulating the mind, whether through formal classroom learning or simply by reading books and pursuing hobbies. They value continuous intellectual growth and are passionate about challenging the mind with creative activities.

Our brain is a complex organ controlling our body and state of mind. Just like other organs the brain requires exercise. By regularly engaging in the right activities, you can increase your memory, improve your problem-solving skills and boost your creativity. Exercising your mind can help you feel emotionally and physically invigorated.

Additionally, research shows that integrating selected activities into your regular schedule pays long-term dividends by creating a 'cognitive reserve' that will help you at any age.

Our brains are continuously making new neurons which help prevent loss of power to think properly, to learn and to memorise effectively. A proven approach to keeping the mind alert and active is to engage in creative pursuits and intellectually stimulating activities.

Below are some tips on how to keep your mind active:

- Learn something new¹³
- Read often
- Remember and repeat groups of words, shopping lists and phone numbers
- Meditate
- Eat foods containing omega fatty acids
- Learn to play a musical instrument.
- Play stimulating games
- Take a morning walk, play golf or participate in yoga
- Build a model
- Engage in a debate

INTELLECTUAL WELLNESS CONT'D



**IDENTIFYING
GOALS**

for intellectual wellness

Write the things you would like to achieve

INTELLECTUAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	I am going to join a bridge group.
M	MEASURABLE How will you track the activity?	I will participate in the bridge group once per week.
A	ACHIEVABLE Can you meet this goal?	Check out local community groups and the South Australian Bridge Association www.saba.asn.au/sessions-venues/
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, it will be rewarding, I will learn something new and challenging and will engage with like minded people.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	Yes, I would like to reach my goal in 6 months and be able to play the game.

INTELLECTUAL WELLNESS CONT'D

My own SMART goals for intellectual wellness.

For each SMART goal you set make sure it focuses on the goal (join a bridge group) rather than an end result (such as being very proficient and competitive in playing bridge).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

ENVIRONMENTAL WELLNESS

Environmental Wellness is the most outward-looking of all the wellness dimensions. It involves a person's awareness and respect for nature and the general environment, as well as their more immediate surroundings.¹⁴

Being and feeling physically safe, in safe clean surroundings, and being able to access clean air, food and water is a sign of environmental wellness.

The environmental dimension includes both our micro-environment (the places where we live, learn, work, etc.) and our macro-environment (our communities, country and whole planet).

Good environmental wellness requires us to take action to both protect the environment (by using sustainable practices, recycling, avoiding hoarding etc) and to protect yourself from exposure to potentially harmful substances to keep you healthier.

Below are some steps you can take to ensure environmental wellness:

- Be aware of the limits of the Earth's natural resources
- Turn off unused lights
- Recycle
- Avoid pollution
- Don't waste finite resources
- Increase your sense of security by organising a free security audit through SAPOL
- Remove clutter
- Delight your senses – choose colours you find appealing for your home
- Bring nature into your home – add indoor plants or ensure the view out of a window is one of nature
- Gardening – good for exercise and good for your environmental wellness

ENVIRONMENTAL WELLNESS CONT'D



IDENTIFYING GOALS

for environmental wellness

Write the things you would like to achieve

ENVIRONMENTAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	Volunteer at a local park or with Conservation Australia.
M	MEASURABLE How will you track the activity?	By becoming an active member of a local Friends of Parks Group.
A	ACHIEVABLE Can you meet this goal?	Yes, I will contact Friends of Parks www.friendsofparkssa.org.au
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, I will contribute to the care of my external environment and make new friends.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	Yes it is do-able, I would like to reach my goal in 3 months.

ENVIRONMENTAL WELLNESS CONT'D

My own SMART goals for environmental wellness.

For each SMART goal you set, make sure it focuses on doing the goal (join a Friends of Parks Group) rather than an end result (I will be an active member of my local park and a champion for the environment).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

EMOTIONAL WELLNESS

Emotional Wellness involves the ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences.

Emotional wellbeing includes satisfaction, optimism, self-esteem, mastery and feeling in control, having a purpose in life, and a sense of belonging and support.

Research by the Victorian Government identified five components crucial to maintaining an individual's emotional wellbeing:¹⁵

- Resilience and coping
- Being productive and making a contribution
- Social connections
- Basic needs and comfort
- Enjoying sensory enrichment

Social and emotional wellbeing are often grouped together - being socially and emotionally well means being able to make the most of your abilities, cope with the normal stresses of life and contribute to your community.

10 tips for good emotional wellbeing¹⁶

Just as there are things you can do to help maintain a healthy body, there are steps you can make to help improve your emotional wellbeing. Below are ten top tips:

1. Make time for family and friends
2. Find and develop an interest or a passion
3. Look outside yourself
4. Get moving
5. Have a picnic in the park or take a bush-walk
6. Clean up your act – healthy habits
7. Eat smart
8. Think positive
9. Be flexible in your thinking - avoid feeling gloomy or inadequate when reality doesn't meet your expectations of yourself or others, reframe your thoughts.
10. Get the balance right - balancing time for work, family, relationships, volunteering and relaxation can help your mental wellbeing and it's OK to say 'no' sometimes.



EMOTIONAL WELLNESS CONT'D



IDENTIFYING GOALS

for emotional wellness

Write the things you would like to achieve

EMOTIONAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	Make time for family and friends.
M	MEASURABLE How will you track the activity?	Catch up with family and friends at least once a month.
A	ACHIEVABLE Can you meet this goal?	Yes, pick up the phone or email to arrange a visit. Old friends would be delighted to see more of me.
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, I will see many health benefits, particularly with my emotional state.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	Yes, I would like to organise the first meeting with the family within a month, maybe the friends could attend the same get-together.

EMOTIONAL WELLNESS CONT'D

My own SMART goals for emotional wellness.

For each SMART goal you set, make sure it focuses on doing the goal (make time for family and friends) rather than an end result (getting family and friends together).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

FINANCIAL WELLNESS

Financial Wellness involves the ability to have financial resources to meet practical needs and a sense of control and knowledge about personal finances.

Financial wellness is the ability to make well-informed financial decisions now and in the future. **Understanding your own finances is the first step to improved financial wellness.**¹⁷

A comfortable lifestyle means different things to different people. If you manage your money carefully, even receiving an Age Pension can be enough to enjoy a simple lifestyle in retirement, maybe even with one or two of your favourite creature comforts.

Managing your money begins with making a comprehensive budget. Start by creating a long-term plan that encompasses all major and minor costs you can foresee coming up during your entire retirement. You can use the MoneySmart Budget Planner to work out your daily and weekly expenses so you don't end up living on bread and water for 20 years after you retire.

After you've made your budget, here are some tips for managing life on an Age Pension.

Tip 1: Find out your entitlements

Even if you don't get an age pension, you may be eligible for other benefits, such as travel concessions, cheaper medicines and reduced council and water rates. The Seniors Card will also give you discounts on travel and some retail services. Visit the Human Services website or view ASIC MoneySmart's list of senior's concessions.¹⁸

Tip 2: Budget to take occasional short holidays

Budgeting to take a short trip away once a year or every second year is much cheaper than budgeting for a big overseas trip once in 10 years. Besides, Centrelink may cut off the Age Pension if you're out of the country for an extended period of time. Check with Centrelink.

FINANCIAL WELLNESS CONT'D

Tip 3: Downscale the opera

It doesn't really have to be the opera! Downscaling may mean different things to different people, but essentially, look for the cheaper or free versions of the things you already love.

Financial Counsellors are non-judgemental, qualified professionals trained to assist you with financial matters by providing information, support and advocacy.

To find a Financial Counsellor in your area contact South Australian Financial Counsellors Association, Phone: **8337 0898**¹⁹

FINANCIAL WELLNESS CONT'D



IDENTIFYING GOALS

for financial wellness

Write the things you would like to achieve

FINANCIAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	I want to improve my financial literacy – I will set a budget.
M	MEASURABLE How will you track the activity?	I will have a budget that identifies my income and expenses to ensure that I do not over spend.
A	ACHIEVABLE Can you meet this goal?	Yes, with help from the Governments Smart Money website and advice from a Financial Counsellor.
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, I will learn to live within my means and not accumulate debt.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	Yes I will improve my financial literacy and have a working budget within 12 months.

FINANCIAL WELLNESS CONT'D

My own SMART goals for financial wellness.

For each SMART goal you set, make sure it focuses on the goal (establishing a budget) rather than an end result (having a workable and balanced budget within 12 months).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

SOCIAL WELLNESS

Social Wellness is about nurturing ourselves, maintaining meaningful relationships with friends family and the community and having an interest in and concern for the needs of others.²⁰

Social Wellness also consists of not only balancing our own physical, mental, emotional and spiritual health, but also actively participating in the wider community. As we care about our personal connections, we also care about the greater good of society including our communities and the natural environment.

Social Wellness involves communicating our needs, feelings, thoughts and desires to those that we trust, and actively listening with empathy when they share with us.

Lifestyles, ways of living together, value systems, traditions and beliefs are all important to our social wellbeing and quality of life. With so many diverse cultures, there are ample opportunities to be involved in groups, volunteer programs or multicultural events. Involvement with your own culture can be very rewarding; giving freedom to retain, interpret and express arts, history, heritage and traditions. Participating in various cultural activities is not only good for your health but can also improve life satisfaction and happiness.

Around one-third of Australian adults are not involved in any social or community groups. Having to talk to and depend on, and making new connections through hobbies or a social group can help reduce the risk of isolation and loneliness.²¹

“Loneliness has significant effects on health and wellbeing, being linked to poor mental health and increased risk of coronary heart disease, stroke, and premature death. Social isolation has been shown to pose a greater threat than smoking, poor diet and lack of exercise” Dr Dingle Associate Professor of UQ stated.²²

Staying socially active is not only satisfying it could also help keep your mind and body healthy. With an unlimited amount of organisations to join, depending on your areas of interest, staying socially involved has never been easier.²³

There are many activities that can help increase your sense of belonging, here are just a few:

- Keep Moving – dance, sports, walking
- Reading and writing
- Take a course – University of the 3rd Age classes
- Learn to paint
- Learn a language
- Volunteer

As a first step, you can find out what meetings, groups or classes are taking place in your local community centre, then visit and have a go!

SOCIAL WELLNESS CONT'D



**IDENTIFYING
GOALS**

for social wellness

Write the things you would like to achieve

SOCIAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	I want to volunteer.
M	MEASURABLE How will you track the activity?	I will register as a volunteer with the local Council. I will volunteer 2 hours every week.
A	ACHIEVABLE Can you meet this goal?	Yes I will contact my local Council in the first instance. I will commit to volunteering at least 2 hours per week.
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, it will take me out of my comfort zone. Helping others will give me a sense of satisfaction and I'll feel valued.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	My timeline of three months is definitely do-able.

SOCIAL WELLNESS CONT'D

My own SMART goals for social wellness.

For each SMART goal you set, make sure it focuses on the goal (finding a volunteering role) rather than an end result (not only finding the right volunteering role but being consciously competent in that role).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

SPIRITUAL WELLNESS

Spiritual Wellness is being connected to something greater than yourself and 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 actions²⁴

Spiritual Wellness is about the values and beliefs that provide purpose in our lives. While different individuals have different views of what spiritualism is, it is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance your inner needs with the rest of the world.

Reaching Spiritual Wellness

It is important for everyone to explore what they believe is their own sense of meaning and purpose.

The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Yoga and meditation can also help you develop spiritual wellness.

Having compassion, the capacity for love and forgiveness, altruism, joy, and fulfilment help you enjoy your spiritual health. Your religious faith, values, beliefs, principles, and morals define your spirituality.

If you are a person engaged in the process of spiritual wellness, you are willing and able to transcend yourself in order to question the meaning and purpose in your life and the lives of others. In addition, you seek to find harmony between that which lies within and the social and physical forces that come from outside.

Here are a few of the major ways spirituality can affect your physical and emotional health. Spiritual people are:

- More likely to volunteer or donate to the poor.
- More likely to meditate to cope with stress – rather than have unhealthy coping habits – i.e. smoking.
- More likely to have a built-in community.
- More likely to turn to prayer.

SPIRITUAL WELLNESS CONT'D

Aboriginal spirituality is defined as the core of Aboriginal being, their very identity. It gives meaning to all aspects of life including relationships with one another and the environment. All objects are living and share the same soul and spirit as Aboriginals. There is a kinship with the environment. Aboriginal spirituality can be expressed visually, musically and ceremonially.²⁵



SPIRITUAL WELLNESS CONT'D



Write the things you would like to achieve

SPIRITUAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	I will establish a Gratitude Diary acknowledging all the things I am grateful for.
M	MEASURABLE How will you track the activity?	My Gratitude Diary will have at least one Gratitude Entry in it every day.
A	ACHIEVABLE Can you meet this goal?	Yes, although I am busy this will take less than 5 minutes every day.
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, the Gratitude Diary will remind me daily how much I have to be grateful for.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	At the end of 6 months keeping a Gratitude Diary will be a rewarding daily occurrence.

SPIRITUAL WELLNESS CONT'D

My own SMART goals for spiritual wellness.

For each SMART goal you set, make sure it focuses on the goal (establishing a gratitude diary) rather than an end result (Gratitude Diary being added to on a daily basis without a second thought).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

OCCUPATIONAL WELLNESS

Occupational wellness is the ability to get personal fulfilment from our occupations (paid or voluntary) while still maintaining balance in our lives. Our desire to contribute in our roles to make a positive impact on the organisation we work in and to society as a whole leads to Occupational Wellness²⁶

Signs of Occupational Wellness²⁷

- Engaging in motivating and interesting work
- Understanding how to balance your work with leisure time
- Working in a way that fits into your personal learning style
- Communicating and collaborating with others
- Working independently and with others
- Feeling inspired and challenged at work
- Feeling good at the end of the day about the work your accomplished

Ask yourself the following questions

- Do I enjoy going to work/volunteering most days?
- Do I have a manageable workload?
- Do I feel that I can talk to my supervisor/ coordinator and fellow workers/ volunteers about problems as they arise?²⁶

If you answered “No” to any of the questions, it may indicate an area where you need to improve the state of your occupational/volunteering wellness.

In the workplace we now understand that a holistic approach to wellness requires action before illness or the occurrence of accidents.²⁸

According to Health Direct being a volunteer has lots of benefits. It can bring meaning and purpose to your life, whilst increasing your self-esteem and wellbeing. Volunteering can also relieve stress and alleviate symptoms of depression.²⁹

OCCUPATIONAL WELLNESS CONT'D

Volunteering is good for your social wellness. Studies have shown that volunteering helps people who donate their time feel more socially connected, thus avoiding loneliness and depression. Evidence now suggests that people who give their time to others might also experience better physical health – including lower blood pressure and a longer life span.³⁰

According to Harvard Medical School, evidence of volunteerism's physical effects can be found in a recent study from Carnegie Mellon University. Adults over age 50 who volunteered on a regular basis were less likely to develop high blood pressure than non-volunteers. High blood pressure is an important indicator of health because it contributes to heart disease, stroke, and premature death. Harvard Medical School.³⁰

Many people find volunteer work to be helpful with respect to stress reduction, and we know that stress is very strongly linked to health outcomes.

The Greek philosopher Aristotle once surmised that the essence of life is “To serve others and do good.” If recent research is any indication, serving others might also be the essence of good health.

OCCUPATIONAL WELLNESS CONT'D



IDENTIFYING GOALS

for occupational wellness

Write the things you would like to achieve

OCCUPATIONAL WELLNESS CONT'D

Transfer your goals to the blank SMART Goal template on the next page.

EXAMPLE SMART GOALS

	Description	Example
S	SPECIFIC Describe your goal clearly	I need to reduce my workload to improve my occupational wellness.
M	MEASURABLE How will you track the activity?	I will want to go to work everyday.
A	ACHIEVABLE Can you meet this goal?	Yes, by talking to my manager and team and explain the importance of me wanting to continue in the same role.
R	REWARDING Is this goal meaningful or rewarding to me?	Yes, I will achieve the many health benefits that reducing my workload will achieve.
T	REALISTIC TIMELINE Is my timeline do-able? How long will it take me to reach this goal?	Yes, it can be achieved within three months.

OCCUPATIONAL WELLNESS CONT'D

My own SMART goals for occupational wellness.

For each SMART goal you set, make sure it focuses on the goal (talking to my manager and team in the first instance) rather than an end result (wanting to turn up at work everyday).

		My Own SMART Goals
S	BE SPECIFIC	
M	MAKE IT MEASURABLE	
A	ENSURE IT IS ACHIEVABLE	
R	REWARDING	
T	SET TIMEFRAME	

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- **Health and Wellness Explained**

<https://www.lhsfna.org/index.cfm/lifelines/january-2016/journey-to-a-healthier-you-health-and-wellness-explained/>

- **Dimensions of Wellness**

<https://www.rwu.edu/undergraduate/student-life/health-and-counseling/health-education-program/dimensions-wellness>

- **Seven Dimensions of Wellness**

<https://www.icaa.cc/activeagingandwellness/wellness.htm>

- **Reclaiming wellness - living with bodily problems, as narrated by men with advanced prostate cancer**

<https://www.ncbi.nlm.nih.gov/pubmed/16871101>

- **Wellbeing**

<https://www.betterhealth.vic.gov.au/health/healthyliving/wellbeing>

- **What does wellness really mean as we age**

<https://www.wherewouldlivematters.org/wellness-really-mean-age/>

- **Financial Wellness - new or ignored frontier**

https://www.wellnesscoachingaustralia.com.au/_blog/Wellness_Coaching_Australia%27s_Blog/post/financial-wellness/

- **Living Longer means spending more on health care**

<https://www.yourlifechoices.com.au/finance/news/the-costs-of-living-longer>

- **Goal Setting**

<https://www.healthdirect.gov.au/goal-setting>

ADDITIONAL READING CONT'D

- **A brief History of Smart Goals**

<https://www.projectsmart.co.uk/brief-history-of-smart-goals.php>

- **Setting Goals for Physical Activity**

https://www.centre4activeliving.ca/media/filer_public/af/87/af87f6ab-ec85-4ffa-96de-a6254c8fb815/c-goals.pdf

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