

Living Well in the Living City

What do we mean by Wellbeing or Wellness ?

There are 7 dimensions of Wellness. Physical, Social, Emotional, Intellectual, Vocational, Environmental & Spiritual (in no particular order). We need to be doing something positive in each area to benefit our overall Wellbeing.

Whole- Person Wellness Goals – Examples

The following are examples of whole-person wellness goals for each dimension of wellness. Make your goals S.M.A.R.T (specific, measurable, attainable, realistic, time-bounded), use 'I will' statements and select goals that have value and meaning to you. *I would be interested in hearing what people think of these examples & to forward on some additional (local) suggestions.*

Emotional Wellness

Feelings are the lens through which people view the world, and the ability to be aware of and direct one's feelings helps to create balance in life.

- 1 I will write in a journal daily (or weekly) to list the things I appreciate in my life (or to journal my feelings)
- 2 I will perform a relaxing activity (eg reading, meditating, enjoying nature, taking a relaxing bath) for at least 15 minutes every day.
- 3 I will include humour in my life by renting a comical movie, watching a comedy show on TV, or reading the comics at least once each week (identify which day(s) of the week you will perform this activity)
- 4 This month, I will identify a situation in my life that I am holding a grudge or resentment about, and I will take active steps to resolve the resentment or grudge.
- 5 I will hug, kiss, or say 'I love you' to someone every day.
- 6 I will practice at least 1 minute of taking long and deep inhalations and exhalations to increase my relaxation response when I (pick a specific time of day or situation such as when standing in line at the supermarket).
- 7 When I notice I am worrying about a situation I will switch my mind-set to focus on a positive (or focus on what things about the situation I can control).

Intellectual Wellness

Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested.

- 1 I will play word games or board games that challenge my mind for at least 30 minutes each week (eg crosswords, brain-teasers, Sudoku, cards, Scrabble and chess).
- 2 I will start a new hobby or return to a former one (identify the hobby) and spend at least 1 hour a week performing the hobby.
- 3 I will read a classic book (or book to learn about a new subject) over the next two months.
- 4 I will take a class this semester (eg community/senior centre offering).
- 5 I will spend 30 minutes daily reviewing current events by means of a computer, newspaper, or news stations.
- 6 I will brush my teeth with my non-dominant hand.

Physical Wellness

The goal of living independently is one shared by many people, and physical wellness is necessary to achieve this. Lifestyle choices can maintain or improve physical health and functional ability.

- 1 I will perform strength exercises targeting 8 major muscle groups, twice a week.
- 2 I will practice using good posture (sitting or standing) during every commercial while I watch TV
- 3 I will brush my teeth at least twice per day, and floss at least once per day.
- 4 I will eat a healthy breakfast every day, one that includes some protein and fruit (not juice).
- 5 I will eat two servings of vegetables with lunch every day.
- 6 I will drink plenty of water.
- 7 I will walk for at least ten minutes each day after breakfast, lunch or dinner (pick one).

Social Wellness

Social interactions with family, friends, neighbours and chosen peer groups can be valuable for maintaining health.

- 1 I will watch television no more than two hours per day.
- 2 I will initiate conversation with a neighbour at least once per week.
- 3 I will organise family photographs and heirlooms, spending 30 minutes each Saturday.
- 4 I will share my whole-person wellness goals with a spouse, friend or relative and give them a weekly update on how I am doing toward accomplishing my goals.
- 5 Once a week, I will call or write to family or friends that are long distance.
- 6 I will join a book club (on-line or in-person group) and participate with the group weekly/monthly
- 7 I will join a rock and roll dancing group for the social (as well as physical) participation.
- 8 I will join an on-line community (eg favourite author fan club, political, hobby) and contribute to the community blogs on a weekly basis.

Spiritual Wellness

Living with a meaning and purpose in life, guided by personal values is key to feelings of well-being and connection to the larger world.

- 1 I will read an inspirational quote daily.
- 2 I will spend ten minutes every day enjoying nature (eg my garden, local park).
- 3 I will participate with my spiritual or religious organisation/community on a weekly basis.
- 4 I will list three things I am thankful for every day.
- 5 I will practice meditation for five minutes every day.
- 6 I will read spiritual writings for 15 minutes each day.
- 7 I will practice yoga or Tai Chi for 30 minutes weekly.

Vocational Wellness

Work or volunteering that utilises a person's skills while providing personal satisfaction is valuable for society as well as the individual. (maintaining or improving skills and helping others)

- 1 I will volunteer at my local hospital or community organisation (eg food bank, soup kitchen) for at least one hour per month.
- 2 I will attend two healthcare lectures/programs through my healthcare group that are offered over the next six months.
- 3 I will participate in programs offered at my local community/senior centre, selecting two over the next six months.
- 4 I will spend at least one hour a week gardening or one hour per month volunteering with the 'Friends of Cobbler Creek' volunteer group.
- 5 I will make daily (or weekly) *to do* lists, prioritising the tasks, and keeping track of my progress.
- 6 I will spend at least two hours per week increasing my use of technology such as computers, cell phones, email and social networking sites such as Facebook (be specific about the task you will do).

Environmental Wellness

Surrounding by natural and man-made environments, good stewardship means respecting resources by choosing 'green' processes and bringing people into the natural environment and encouraging active living.

- 1 I will explore with friends this month some of the lovely trails within the City of Salisbury.
- 2 I will set up my own meditation garden.
- 3 I will investigate where I might be able to use more eco-friendly products in the home.
- 4 I will attend a Communal Garden workshop on growing and looking after my own vegetables.

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