

2-2 Module one milestone

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Six Dimensions of Wellness

Physical Wellness (Nature or Nurture)

Physical wellness is a healthy quality of life that successfully allows us to navigate our day without unnecessary fatigue or stress. Physical wellness is primarily guided by nurture; Dr. Miers and Holly Hatton-Bowers (2019) Provided “five steps to help us be more physically and mentally healthy; exercise, sleep, nutrition, community and relationships, relaxation, and recreation” (Miers, Dr. David Ph.D., & Hatton-Bowers, Holly, 2019). The five ways Dr. Miers and Holly Hatton-Bowers (2019) stated in the article are all self-actions brought about through nurture. We must consciously participate in these five steps to attain a physically thriving lifestyle. Else, we drastically shorten our lifespan. In this case, nature has a vital role in our wellness. However, we are not genetically encoded to exercise, stop ourselves from sleep deprivation, only eat nutritious foods, create a positive community and relationships, relax, and purposely participate in recreation.

Emotional Wellness (Influence on Cognitive well-being)

It has been established that cognitive processes in executive function [memory, control, and flexibility] are critical to emotional wellness. Research has shown that people display improved executive function when feeling happy, socially supported, and healthy (Diamond A, Ling DS, 2016). Early adulthood is the time when independence and the establishment of our responsibilities and their consequences. “Increasing focus is given to this important age [16-24 in a 2012 UK study] of transition from adolescence to adulthood, as ways the in which this psychological and social transition in negotiated may affect current and future well-being” (Jurewicz, I., 2015). Emotional wellness influences cognitive well-being through attention and the motivation of action and behavior.

Spiritual Wellness (most in control of)

Spiritual wellness is the guide in life where you align beliefs, principles, and values. It encompasses a higher level of faith, hope, commitment, and self-discipline. The faculty-staff and human resources web page of Grand Rapids Community College lists several “tips and suggestions for optimal spiritual wellness.” It is suggested to “explore your spiritual core, spend time alone/meditate regularly, be inquisitive and curious, be fully present in everything you do, listen with your heart and live your principles, allow yourself and others the freedom to be who you are, and see opportunities for growth in life’s challenges” (Seven Dimensions of Wellness., N.D.). I have found that spiritual wellness is vital to promoting my overall well-being and helps strengthen myself when life becomes chaotic.

Social Wellness (least in control of)

Social wellness is our ability to interact within our community successfully and live up to the expectations and demands of life and our role within society. Within the home, I am expected to be the head of the household, breadwinner, protector, and provider. In my professional life, it is expected of me to have reliable transportation, successful and skillful employment, and make active and productive contributions. At times I let my personal and professional wellness lag, neglecting each of the nurturing that is deserved and required. When this happens, it seems like life becomes a hail-Mary football pass hoping that I score the winning points for both simultaneously, which usually ends up in a chaotic meltdown of a mess.

Intellectual Wellness (the predominant dimension of wellness)

Intellectual wellness is the stretching and challenging of one’s mind. When encountering a positive or negative situation, it allows us to address and handle it accordingly. During our lifespan, we constantly challenge and expand our intellects, develop proper time management

and study skills, see ourselves on either side of an issue, critically think, develop ideas, views, and opinions, and be readily open to new and different ideas. Our intellectual wellness allows us to function more fully within our personal and professional environments. It carries our entire circle of discovering what we know is but a drop to what there is still to learn.

Emotional Intelligence and resilience factors affect well-being.

Emotional intelligence is “related to many life factors, subjective well-being, job performance, interpersonal relationships, social support, IQ, and health” (Sarrionandia, A., 2017). Resilience provides individuals with “the capacity to recover more quickly than others and draw strength from the situation” (Sarrionandia, A., 2017). When we grow our emotional intelligence, I believe our resilience also grows. Greater emotional intelligence is perceived that we have greater control over the demands of our environment and greater self-esteem, self-efficacy, and academic and social performance (Trigueros, Padilla, Aguilar-Parra, Rocamora, Morales-Gázquez, & López-Liria, 2020).

Application of wellness dimensions in support self-wellbeing

Occupational wellness occurs when I have chosen a job that aligns with my beliefs and ethical standards, promoting more productivity, job satisfaction, and advancement. Physical wellness happens when I consciously purchase, prepare, and consume healthy foods and cut out the unhealthy ones. Also, adopt a regular, mild, to high-intensity workout plan and stick to it. Social wellness Is my positive and constructive participation within my community to help others in need and promote a conflict-free home and work environment. Intellectual wellness is my recognition of self-creativity, engaging in critical thinking to identify problems and develop potential solutions. Spiritual wellness occurs when I stop to think about my purpose and contribution to humanity to get more entuned with my spiritual and ethical beliefs. Emotional

wellness thrives and grows when I am aware of and promote my feelings and those of others around me. It also allows the sharing of individual gifts and talents with one another freely without any condemnation.

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