

WELLNESS Newsletter

This publication is brought to you by the District Wellness Council, which is dedicated to educating Rush-Henrietta families about important topics to keep your children healthy.

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Wellness: What is it?

Wellness refers to one's overall sense of well-being. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), there are several dimensions to wellness. The emotional, physical, mental, occupational, environmental, intellectual, and spiritual aspects of a person's life all contribute to one's own well being. Each component of wellness can affect overall quality of life, so it is important to consider all dimensions of wellness for your health.

EMOTIONAL

This relates to one's ability to cope effectively with life and to be able to create satisfying relationships with others.

- Being aware of your feelings, both positive and negative.
- The ability to effectively express your feelings to others.
- Seek resources to support your own emotional health if necessary.

PHYSICAL

This involves recognizing the need for physical activity, a health diet, and proper rest.

- Stay active in your everyday lifestyle.
- Choose foods that are high in nutrients.
- Adequate sleep is essential and restorative.
- See your primary care doctor regularly.

ENVIRONMENTAL

Being surrounded by a pleasant and stimulating environment can be very important.

- Donate household items you no longer have use for.
- Organize a closet.
- Paint a wall so it has a calming or uplifting effect.

FINANCIAL

This involves satisfaction with your current and future financial situations.

- Be mindful of spending.
- Live within your means.
- Putting away even a small amount into a savings account can add up over time.

Resources and Important Links

Resources

The National Wellness Institute
<http://www.nationalwellness.org>

Healthfinder
<http://www.healthfinder.gov>

Healthy People 2020
<http://www.healthypeople.gov/2020>

Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov>

Important Links

Million Hearts
<http://www.millionhearts.hhs.gov>

U.S. Department of Health and Human Services
<http://www.hhs.gov>

The National Empowerment Center
1-800-POWER2U (1-800-769-3728)
<http://www.power2u.org>

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OCCUPATIONAL

This involves gaining personal satisfaction and enrichment through our work and education.

- Ensure your job (paid or unpaid) supports your well-being.
- Communicate with your supervisor regularly and get support when needed.
- Take necessary breaks from work and studying.

INTELLECTUAL

Recognizing our own creative abilities and finding ways to expand knowledge and skills is important.

- Take a class or read a book; share what you learned with others.
- Create a scrapbook or join in a discussion group.
- Research a topic that interests you.

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system can be very healthy.

- Make a list of supportive family, friends, co-workers, and peers.
- Make at least one connection per day by calling, emailing, or visiting someone.
- Join a club, social group, or support group.
- Volunteer with an organization whose interests you share.
- Get involved in peer support.

SPIRITUAL

Expanding our sense of purpose and meaning in life.

- Make time for practices that enhance your sense of connection to self, nature, or others.
- Find a community that shares your spiritual

The different dimensions of wellness interconnect with one another.
They often overlap, and as one dimension changes it can cause others to change as well.

Source: Adapted from Swarbrick, M. (2006)
A Wellness Approach, Psychiatric Rehabilitation



Wellness Initiatives in our Schools

For the past two years, the Family Health and Wellness Fair has taken place in March. This evening is a wonderful opportunity for families to come and experience a variety of wellness activities at no cost. There are more than 75 local businesses and organizations that participate to make this evening spectacular. Whether it is trying a Zumba class, having a spinal assessment by a local chiropractor, or having your child's fingerprint kit completed by the National Center for Missing and Exploited Children, there certainly is something for everyone!



Wellness in the Workplace

We are beginning to offer new opportunities for wellness in the workplace for our employees as well. Yoga, educational lectures and health screenings have begun to be offered to our staff to improve our overall health and wellness.



Participation in the Chase Corporate Challenge has been an ongoing annual commitment for some of our staff members.



Many of our schools took advantage of a grant opportunity and received funding from the Fuel up to Play 60 program and the American Dairy Council to promote healthy initiatives in their buildings.