Wellness Model of Health

Physical - Nutrition, Sleep, Physical Fitness, Disease Prevention, Health Promotion, medical care, Sexuality

Mental - Mental Stimulation, Cognition, Adult Conversation, Reading, Hobbies, ect.

Emotional - Self Esteem, Caring, Loving, Close Relationships

Social - Communication, Contact with others, Getting out and having fun!!

Spiritual - A sense of Direction and Purpose in Life, Spiritual Devotions, A connectedness to a greater good. Examples are church, synagogue, journaling, meditation, volunteer work.

Environmental - What is around you. As global as taking an active role in preserving the "wilderness" Or as local as getting a house keeper

Thich Nhat Hahn poem:

Breathing in I calm myself
Breathing out I smile
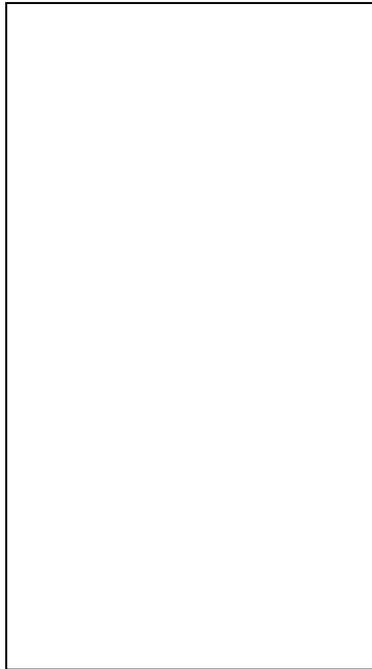*Dwelling in the present moment*
I know this is a wonderful moment

Meditation:

Just 100 minutes/week (15 minutes a day) can prevent, decrease, or heal symptoms of burnout

"Embrace the suck!"

- 2019 PA Graduate