A Wellness Model for Personal & Professional Practice

June 9, 2015
Wellness Model

A paradigm for understanding health

Encompasses 8 dimensions

1) Social  5) Environmental
2) Emotional  6) Financial
3) Intellectual  7) Spiritual
4) Occupational  8) Physical

six domains

- habits and routines
- physical activity
- sleep and rest
- healthy food choices
- medical self-care and screenings
- stress management and relaxation

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Many people with mental and substance use disorders (as well as staff providing services) face challenges due to life stressors, reducing effectiveness in life roles, with a negative effect on well-being.
Professional & Peer providers are poised to address these stressors and to promote **wellness** through engagement in meaningful *occupation* and through developing good *health habits* and *routines***
Today’s Focus

How peers, providers, families, and policy makers can:

• examine what they are doing now
• suggest new ways to create and sustain a *wellness lifestyle* as an effective means of personal self-care

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Learning Objectives

• Define the 8 wellness dimensions and 6 physical wellness domains
• Explain the importance of the physical wellness domains
• Identify professional and personal applications
Overview

• Factors that contribute to Poor Health
• Wellness Model
• Strategies to Address Comorbid Conditions
• Promising Practices:
  – Wellness for Life
  – Wellness Coaching
• Personal and Professional Application
What We Have in Common

We want to have meaning and purpose in life, as we define it

We have

• personal and material resources and natural supports to help us experience a better quality life

We need compassion, understanding, respect
We Can Benefit By

...bridging our *individual* and *collective experiences* to bring about positive change within our multiple communities of identity

– Work
– School
– Neighborhoods
– Families and friends
– Citizen - community
– Citizen - world
What We Face

• Challenges
  – physical, social, emotional, spiritual

• After-effects of
  – financial stress, trauma and abuse

• Poverty and the stigma of poverty
  – poor living conditions

• Stress and strain
  – associated with family separation
Influences on People We Serve

- Income and social status
- Social support networks
- Education and literacy (i.e., health literacy)
- Employment /working
- Social and physical environments
- Personal health practices and coping skills
- Child development
- Genetic factors
- Access to health services
- Gender
- Culture
Factors

- Poverty
- Behaviors
- Medication side effects
- Living Situations
- Illness
- Illness-related symptoms
- Inadequate access to timely and good quality healthcare
Why Wellness?

Model of the Interaction Between Mental Disorders and Medical Illness

Wellness is a conscious, deliberate process that requires that a person become aware of and make choices for a more satisfying lifestyle.

High Level Wellness

Wellness is not the absence of disease, illness, and stress but the presence of:

- Purpose in life
- Active involvement in satisfying work and play
- Joyful relationships
- A healthy body and living environment
- Happiness
Wellness

Dunn’s Viewpoint:
• Importance of mind/body/spirit connections
• Need for satisfaction and valued purpose
• A view of health as more than non-illness

Wellness is Self-Defined

- Individual *needs* and *preferences*
- *Balance* varies from person to person

Wellness is the process of creating and adapting patterns of behavior that lead to improved health in the wellness dimensions

Wellness Institute Collaborative Support Programs of New Jersey

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A Wellness lifestyle includes a self-defined balance of health habits such as adequate sleep and rest, diet and nutrition, physical activity, participation in meaningful productive activity, and access to supportive relationships.
Wellness Dimensions
8 Wellness Dimensions

**Emotional**
Developing skills and strategies to cope with stress.

**Environmental**
Good health by occupying pleasant, stimulating environments that support well-being.

**Financial**
Satisfaction with current and future financial situations.

**Intellectual**
Recognizing creative abilities and finding ways to expand knowledge and skills.

**Social**
Developing a sense of connection and a well-developed support system.

**Physical**
Recognizing the need for physical activity, diet, sleep, and nutrition.

**Spiritual**
Search for meaning and purpose in the human experience.

**Occupational**
Personal satisfaction and enrichment derived from one’s work.

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Why Focus on Physical?

• Health-related problems (sedentary lifestyle, co-occurring medical conditions, obesity, symptom burden, smoking status, etc)
• Address medication side effects
• Prevent future illness and disease
• Reduce early mortality
• Improve quality of life
Physical Wellness Domains

- Physical activity
- Nutrition
- Sleep and rest
- Relaxing activities
- Self care practices
- Medical care, screenings, preventative care
Eat well, move daily, hydrate often, sleep lots, love your body, repeat for life.
Activities that bring purpose, balance, and pleasure, become part of our habits and routines
Health & Wellness

Wellness Coaching
Wellness for Life
Smoking Cessation programs
Health & Lifestyle
Professional Applications: What We Can Transform

- policies
- funding
- practices
- academic preparation
- training
- attitudes
- behaviors
Personal Applications

Your Face Here
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Wellness


Wellness Coaching/Screenings


Resources

• Wellness Resource

• Healthy People 2020

• National Prevention Strategy

• Wellness Campaign
  http://www.promoteacceptance.samhsa.gov/10by10/wellness_tools.aspx#1

• Million Hearts Campaign http://millionhearts.hhs.gov/