



EAP Wellness Letter

February 2021

What Is Wellness?

Our monthly newsletter and Friday Facts are health and wellness-based. We try to find topics to better your understanding of health issues, to broaden your knowledge, or to better your life in some way—no matter how small. But it's been a while since we have discussed the elements of wellness.

Wellness goes beyond a healthy diet and exercise. The World Health Organization says, "Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life ... a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

The Wellness Wheel, which illustrates the eight dimensions of wellness, was created in 1976 by Dr. Bill Hettler, cofounder of the National Wellness Institute, and evolved over the years. By applying the model, optimal wellness happens when a balance is struck in relation to each dimension.

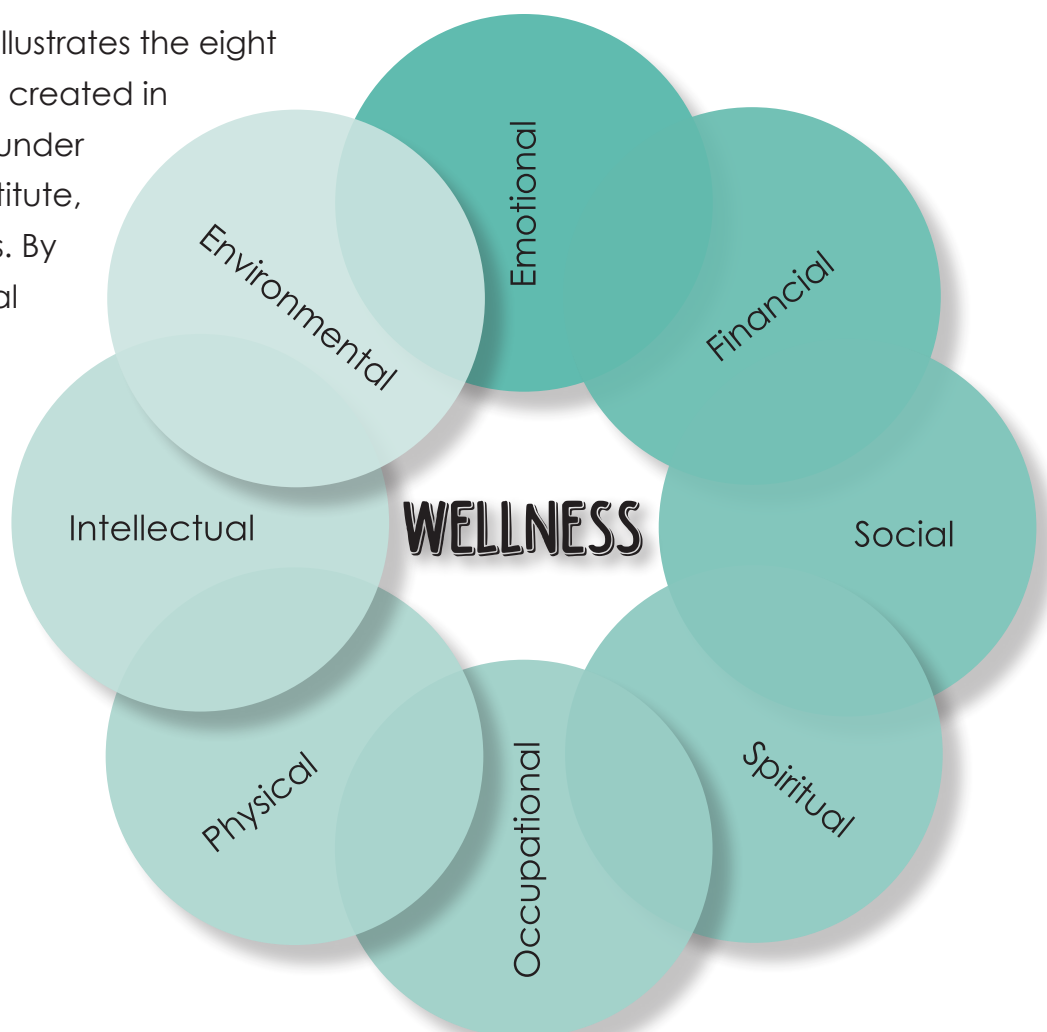
The eight dimensions are:

- Physical
- Emotional
- Intellectual
- Social
- Occupational
- Spiritual
- Environmental
- Financial

Wellness is about caring for the whole person: physically, mentally, socially, and emotionally. It's about being productive, feeling good physically and emotionally, and interacting in a positive way with people and the environment.

Want to be your BEST? Check to see that the dimensions of your wellness are in balance. Follow this link to take a wellness quiz and see where you are thriving or may need to make more of an effort.

<https://wheelofwellbeing.com/quiz/>



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