NMC Mind & Body Wellness Challenge

Wellness is a dynamic process of change and growth whose goal—maintaining personal health in all dimensions of life, including physical, social, emotional, intellectual, environmental, occupational and spiritual—requires individualized choice and action.

Three behaviors—poor diet, lack of exercise, and smoking—are the primary causes of the nation’s leading chronic diseases: heart disease, cancer, stroke and diabetes. Changing these behaviors greatly reduces your risk of developing a chronic disease. After eliminating the “big three,” it is important to adopt healthy habits in all aspects of your life.

The Wellness Wheel shown here highlights seven different dimensions of wellness and stresses the importance of nurturing all seven dimensions to achieve optimal health. We challenge you to choose a dimension, choose a habit, and make a change for the better. But don’t stop with just one change. The more healthy habits you adopt, the better your chances of enjoying a lifetime free of chronic ailments.

"Wellness is...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." - The World Health Organization

The Mind & Body Wellness Challenge runs all throughout the month of September. To join the challenge:

- Choose a dimension of the Wellness Wheel, and then choose one healthy habit in that area. Take the self assessment (attached) to see which area might need attention!
- Track your progress on a daily basis, using the attached sheet.

If you successfully develop a healthy new habit, treat yourself to something special. But don’t stop there! Continue your new habit as a lifelong change or choose another habit and challenge yourself again. Submit your completed tracking sheet by Monday, September 30th, to earn 25 points for your wellness scorecard (Category 2; Wellness Committee Sponsored Event).

If you successfully complete your wellness dimension goal 21 days (the amount of time it takes to establish a new habit!) in the month of September, AND attend one of the events on the tracking calendar, you will be entered in the drawing for prizes including:

- 60 Minute Massage
- NMC Fitness Center Membership
- Oryana Gift Card
Physical wellness encompasses a variety of healthy behaviors including adequate exercise, proper nutrition, and abstaining from harmful habits such as drug use and alcohol abuse. It means learning about and identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm. Developing such healthy habits today will not only add years to your life but will enhance the enjoyment and quality of those years.

Tips for optimal physical wellness:
- Eat 5-10 servings of fruits and vegetables each day.
- Eat foods as close to their natural state as possible.
- Increase whole grains (pasta, rice, flour, etc.) to replace refined grain options.
- Maintain a healthy weight—if overweight, reduce caloric intake and/or increase physical activity.
- Get 30 - 60 minutes of physical activity daily, including balance training and weight-bearing exercise.
- Get adequate rest—try to get 7 - 8 hours of sleep per night and/or take a nap during the day.
- If you smoke or chew tobacco, start a cessation program.
- Choose your own healthy habit in this category.

Emotional wellness is a dynamic state that fluctuates frequently with your other six dimensions of wellness. Being emotionally well is typically defined as possessing the ability to feel and express human emotions such as happiness, sadness, and anger. It means having the ability to love and be loved and achieving a sense of fulfillment in life. Emotional wellness encompasses optimism, self-esteem, self-acceptance, and the ability to share feelings.

Tips for optimal emotional wellness:
- Engage in positive self-talk.
- Seek emotional support when necessary.
- If you like animals, get a pet—they love unconditionally.
- Pamper yourself regularly—take a walk, soak in a bath, get a massage, daydream.
- Choose your own healthy habit in this category.

The intellectual dimension encourages creative, stimulating mental activities. Our minds need to be continually inspired and exercised just as our bodies do. People who possess a high level of intellectual wellness have an active mind and continue to learn. An intellectually well person uses the resources available to expand one's knowledge and improve skills.

Tips and suggestions for optimal intellectual wellness include:
- Learn/practice a challenging new skill.
- Delve into current events.
- Read a classic or intellectually stimulating book.
- Attend a lecture or watch/listen to an educational show.
- Learn a new language.
- Choose your own healthy habit in this category.

Social wellness refers to our ability to interact successfully in our global community and to live up to the expectations and demands of our personal roles. This means learning good communication skills, developing intimacy with others, and creating a support network of friends and family members. Social wellness includes showing respect for others and yourself. Contributing to your community and to the world builds a sense of belonging.

Tips and suggestions for optimal social wellness include:
- Become active in a club, group, or organization.
- Call or write to far-away friends or family.
- Cultivate new friendships outside of your family.
- Turn off the TV/computer and interact with people.
- Maintain regular contact with a lonely person.
- Choose your own healthy habit in this category.
**Spiritual wellness** involves possessing a set of guiding beliefs, principles, or values that help give direction to one's life. It encompasses a high level of faith, hope, and commitment to your individual beliefs that provide a sense of meaning and purpose. It is willingness to seek meaning and purpose in human existence, to question everything and to appreciate the things which cannot be readily explained or understood.

A spiritually well person seeks harmony between what lies within as well as the forces outside.

**Tips and suggestions for optimal spiritual wellness:**
- Deepen your existing spiritual or religious commitment or seek out a new tradition.
- Learn/practice meditation, yoga or tai chi.
- Take time to quietly reflect each day.
- Forgive freely.
- Choose your own healthy habit in this category.

**Environmental wellness** is an awareness of the unstable state of the earth and the effects of your daily habits on the physical environment. It consists of maintaining a way of life that maximizes harmony with the earth and minimizes harm to the environment. It includes being involved in socially responsible activities to protect the environment.

**Tips and suggestions for optimal environmental wellness:**
- Stop your junk mail
- Ride your bike, walk or take public transportation instead of driving.
- Recycle and compost.
- Plant and tend a garden.
- Use natural cleaning products.
- Choose your own healthy habit in this category.

**Occupational/Vocational wellness** involves preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life. The development of occupational satisfaction and wellness is related to your attitude about your work. Achieving optimal occupational wellness allows you to maintain a positive attitude and experience satisfaction/pleasure in your employment. Occupational wellness means successfully integrating a commitment to your occupation into a total lifestyle that is satisfying and rewarding.

**Tips and suggestions for optimal occupational wellness include:**
- Create a balance between work and leisure.
- Practice safety every day—Think safe. Act safe. Be safe.
- De-clutter and organize your home or workplace.
- Find ways to make your vocation/avocation challenging and meaningful, or find another opportunity.
- Choose your own healthy habit in this category.
## NMC Mind & Body Wellness Challenge Tracking Sheet

<table>
<thead>
<tr>
<th>Date</th>
<th>New Healthy Habit</th>
<th>Wellness Activity</th>
<th>Date</th>
<th>New Healthy Habit</th>
<th>Wellness Activity</th>
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<td>9/6</td>
<td>Wellness Activity: Fitness Bootcamp</td>
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<td>9/7</td>
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<td>Wellness Activity: Fitness Bootcamp</td>
<td>9/8</td>
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<td>Wellness Activity: Nutrition Bootcamp</td>
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<td></td>
<td>Wellness Activity: Nutrition Bootcamp</td>
<td>9/10</td>
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<td>Wellness Activity: Volunteer for Suicide Prevention Walk</td>
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<td>9/12</td>
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<td>Wellness Activity: Sign up for United Way Workplace Challenge</td>
<td>9/14</td>
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<td>Wellness Activity: Fit Fit Grand Opening</td>
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<td>9/16</td>
<td>Wellness Activity: Sign up for United Way Workplace Challenge</td>
<td>9/17</td>
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Each of us has countless dimensions that constitute our sense of self. Looking at wellness with an integrated approach best serves our quest for overall wellness. Seven useful Profiles/Dimensions found on the Wellness Wheel are provided in this Self Assessment. Take the test, determine your average, map out your results and see which area of wellness you need to improve. Your wheel should be as round as possible in order for you to “roll along” happily and minimize “bumps” in your path.

“Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.” – National Wellness Institute
Occupational Wellness:
Dimensions related to sources of personal satisfaction, self-expression, enjoyment, professional development and relaxation.

A. Hobbies (pets, painting, reading, gardening, surfing the net, woodworking etc.)
B. Volunteerism (schools, churches, hospitals, shelters, local government, sports, service organizations)
C. Cultural (concerts, performances, art shows, etc.)
D. Travel

Average Score:_____

Physical Wellness:
Dimensions related to maintaining a healthy body and seeking care when needed.

A. Diet and Nutrition (healthy eating habits)
B. Exercise (regularity and intensity)
C. Appearance (aspects within your control)
D. Stress Management (ability to reduce/cope with stress)
E. General Health (maintaining medical care)

Average Score:_____

Spiritual Wellness:
Dimensions related to sources of values and inspiration.

A. Level of Spirituality (sense of meaning and purpose)
B. Commitment to Core Values (living in harmony w/ values
C. Maintaining or Deepening Spirituality (meditation, prayer, attending a place of worship, connecting with nature, etc.)

Average Score:____
Environmental Wellness:
Dimensions related to the space in which you live, encouraging you to respect the delicate balance between the environment and ourselves.

| A. Geographical Preference (general atmosphere, proximity to friends and family) |
| B. Compatibility with Financial Resources |
| C. Suitability and Appreciation of Residence |
| D. Access to Resources and Preferred Activities |
| E. Weather |

Low Satisfaction....................High Satisfaction

0 2 4 6 8 10

Average Score:______

Social Wellness:
Dimensions related to relationships. Helps you perform social roles effectively and comfortably, and create a support network.

| A. Quality of Interactions with Family Members |
| B. Quantity of Interactions with Family Members |
| C. Quality of Interactions with Others |
| D. Quantity of Interactions with Others |
| E. Group Affiliations (developing/maintaining involvement) |

Low Satisfaction....................High Satisfaction

0 2 4 6 8 10

Average Score:______

Intellectual Wellness:
Dimensions related to having an open mind when you encounter new ideas and continuing to expand your knowledge.

| A. Participation in Continuous Learning |
| B. Participation in Mentally Stimulating Activities |
| C. Learning A New Task or Skill |
| D. Bravery |

Low Satisfaction....................High Satisfaction

0 2 4 6 8 10

Average Score:______
**Emotional Wellness:**
Dimensions related to understanding your feelings and coping effectively with stress.

A. Appreciation and Gratitude
B. Living in the Present Moment Wisely and Earnestly
C. Expression of Feelings (positive and negative)
D. Self-Esteem (feeling good about yourself)
E. Self-Efficacy (feeling competent)
F. Adaptability and Resilience (coping, welcoming change)
G. Outlook and Personal Control (belief in ability to positively impact my future)

Average Score:_____

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**Multidimensional Self...Are you in balance?**