

There are many ways to define wellness. The Substance Abuse and Mental Health Services Administration's (SAMHSA) Wellness Initiative outlines eight dimensions.

**ACTIVATE  
YOUR  
WELLNESS**

## WELLNESS Well·ness /'welnəs/

"Being healthy in many dimensions of our lives. That includes the emotional, physical, occupational, intellectual, financial, social, environmental, and spiritual parts. These dimensions are interconnected, one dimension building on another."

Source: SAMHSA's Creating a Healthier Life: A Step-By-Step Guide to Wellness

### PHYSICAL WELLNESS

Make intentional choices about food/nutrition, exercise and what's good for your body. This includes getting enough sleep, healthcare concerns (like monitoring blood pressure, cholesterol, etc.) and not misusing drugs or alcohol.

- ? Are you getting enough sleep?  
Do you visit your doctor(s) and dentist regularly?

### EMOTIONAL WELLNESS

Manage emotions in a positive way. This can be achieved by taking time for self-care, talking with loved ones or a therapist, or being a part of activities that bring joy.

- ? Do you have effective ways to relieve stress?  
Who can you add to your support system?

### INTELLECTUAL WELLNESS

Do things to keep your brain active like reading, learning new skills, or attending community events.

- ? What kind of brain teasers or games do you enjoy?  
Do you stay up-to-date on current events?

### SOCIAL WELLNESS

Build relationships with others and ensure that all relationships remain healthy and respectful. This can include connecting with family members and friends online or attending events where meaningful conversations are held.

- ? Do you make quality time with friends and family a priority?

### FINANCIAL WELLNESS

Manage money responsibly by budgeting and saving for short or long-term goals, like new furniture, a vacation, education costs and/or retirement funds. This also means understanding how different investments work so you can make smart, informed decisions.

- ? Do you know someone who has been successful managing their money and could be a mentor to you? Have you researched free resources, or professional assistance, to get help with your finances?

### ENVIRONMENTAL WELLNESS

Enjoy and feel safe where you live, learn, work and play. This includes interaction with nature and caring for your community.

- ? Is your living space filled with things you enjoy?  
Can you make time to visit green spaces like parks and gardens?

### SPIRITUAL WELLNESS

Take time out each day to reflect on your values and beliefs while respecting those of others. Spiritual practices such as meditation or prayer can reduce stress levels while increasing inner peace.

- ? What values, principles, and beliefs are important to you?

### OCCUPATIONAL WELLNESS

Explore various career options and go after the opportunities you enjoy. It is important to feel satisfaction through work, but also important to create work-life balance.

- ? Is your resume updated and are your references current? Is there a class or certification you could complete to provide more opportunities for growth and increased pay?



# ACTIVATE YOUR SELF-CARE

Self-care is an important part of wellness. Fill the empty squares with letters by solving the self-care definitions.



## ACROSS

3. Writing down thoughts, feelings, ideas and experiences.
7. Money that is kept aside for future use.
8. Providing encouragement or help to someone.
9. The physical world, including plants, animals, habitats and ecosystems.
11. Ability to maintain equilibrium or stability.
13. Being optimistic; seeing the best in any situation.
14. Pausing work or movement in order to relax, refresh or recover.

## DOWN

1. Eating the best foods for growth and maintenance of good health.
2. To have imagination and generate original ideas.
4. Planning and managing money in order to meet financial goals.
5. A document that provides an overview of a person's experience and qualifications.
6. Rules and limits in respectful relationships.
7. Movements that improve flexibility.
10. Group of people connected by shared values, life experience, ancestry, adoption, marriage, etc.
12. Free-time activities that bring us pleasure.

For the crossword puzzle answer key, visit [virginia-preventionworks.org/activate](https://virginia-preventionworks.org/activate)