

# SELF-CARE NEWSLETTER

*Give yourself the same care and attention you give others, and watch yourself bloom.*



## 6 Dimensions of Wellness

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

The National Wellness Institute model of wellness recognizes 6 dimensions of wellness:

1. Occupational – recognizes personal satisfaction and enrichment in one's life through work.
2. Physical – recognizes the need for regular physical activity.
3. Social – encourages contributing to one's environment and community.
4. Intellectual – recognizes one's creative, stimulating mental activities.
5. Spiritual – recognizes our search for meaning and purpose in human existence.
6. Emotional - recognizes awareness and acceptance of one's feelings.

## BENEFITS OF GRATITUDE

### The Benefits of Gratitude



With Thanksgiving coming up, now is a great time to focus on the things you are grateful for. Focusing on gratitude is also a great way to practice self-care!

Follow the link below for gratitude activities that you can do at home or in your classroom!

Link: [Gratitude Exercises](#)

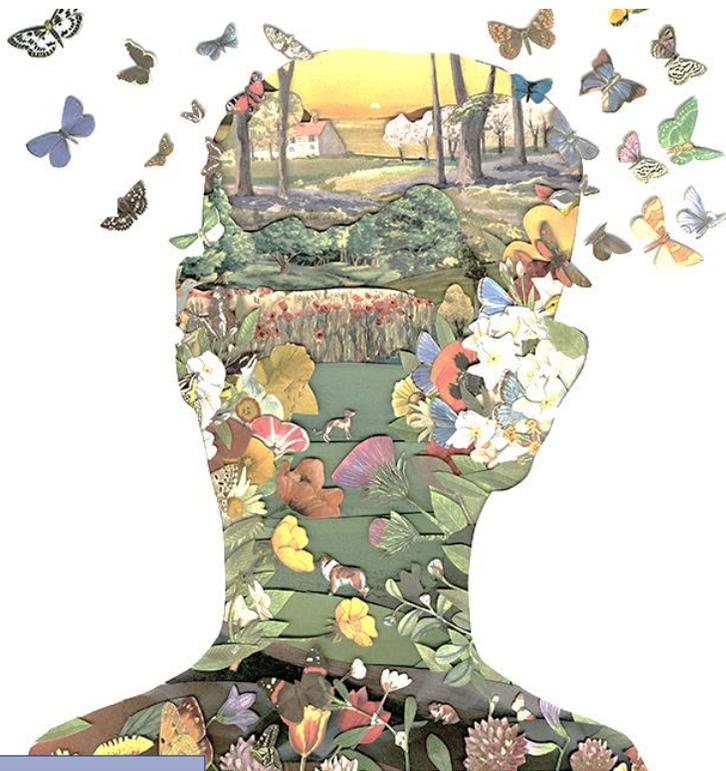
For more information, check out: [Dimensions of Wellness](#)

**We want to hear from you!** Please fill out the self care survey that will be sent out this week by Friday 11/20!

**Mindfulness Exercise:**

**I Spy Memory Game**

Find a page in a magazine full of various objects and take 1 minute to mindfully look over the page. After the minute is up, close the magazine and write down all of the things that you remember.



**Let's talk about wellness!**

We hope to include staff interviews on wellness in our monthly newsletter! If you are willing to be interviewed for the newsletter, please send an email to [tkerzner@allinc.org](mailto:tkerzner@allinc.org).

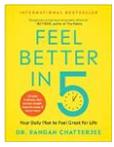


**Yammer Groups!**

Don't forget to join our employee wellness Yammer groups! You must login to Yammer and request to join the group, and Christina Fricano will quickly add you so you can start viewing and posting. The topics are hiking/outdoor activities, food/recipes, and media share (to share movie recs, podcasts, etc).

### Self-Care Resources

**Read or Listen!**



This book has great, simple tips on how to devote only 5 minutes/ day to your wellness! Put behavioral momentum to good use!!

- Link to [Book](#)
- Would you rather listen? Link to [Podcast](#)



**EAT!**

Some (maybe) childhood favorites – made healthy!



For dinner: [Homemade Healthy Hamburger Helper](#)

..and dessert! [5-ingredient vegan, gluten free cookies](#) (the Cyr children LOVE these!)

