

Defining Wellness for Jefferson City Public Schools 2012-2013



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The Seven Elements of Wellness are:

1. Social
2. Physical
3. Emotional
4. Occupational
5. Intellectual
6. Environmental
7. Financial

Defining Wellness



Social Wellness involves developing and maintaining positive, meaningful relationships with family, friends, peers and within your community.

- Respecting and honoring diversity; developing and understanding and appreciating differences.
- Contributing your time and energy to activities within your community.
- Learning to constructively express ideas and opinions.
- Developing friendships.
- Budgeting and balancing your time to include both responsibilities and relaxation.
- Being comfortable with and liking yourself as a person.

Social Element



Physical wellness involves taking care of your body by making informed and responsible decisions about your health.

- Exercising regularly; living an active life.
- Developing an awareness of what you put into your body; food, drink, or other substances, and how they impact your health.
- Getting regular check-ups.
- Eating healthy.

Physical



Emotional wellness is attained by being comfortable with yourself and accepting of your feelings.

- Acknowledge your accomplishments.
- Know that it's okay to make mistakes.
- Ask for help if you need it.
- Keeping a positive attitude.
- Being sensitive to your feelings and the feelings of others.
- Learning to cope with stress. Being realistic about your expectation.
- Taking responsibility for your own behavior.
- Viewing challenges as opportunities rather than obstacles.

Emotional



Occupational wellness comes from satisfaction with your job.

- Celebrate success
- Set goals for the future
- Balance work and leisure
- Don't leave things until the last minute

Occupational



Intellectual wellness involves engaging in creative stimulating activities that can develop as well as expand your knowledge and abilities.

- Exploring what interests you; opening yourself up to new experiences.
- Developing active listening skills.
- Learning because you want to - not because you are told to.
- Learning through varied experiences and media.
- Listening; observing what's around you.
- Questioning.

Intellectual



Environmental wellness is developing an awareness of the environment that surrounds you, and enhancing your relationship with it.

- Finding satisfaction and worth in your working and living environments.
- Working to ensure the stability and longevity of our natural resources.
- Ensuring that your work environment and relationships are comfortable.
- Being aware of your place in the natural environment.

Environment



Financial wellness is accessing the resources and skills that allow you to accomplish your goals.

- Developing skills to manage resources.
- Planning for future needs.
- Learning to spend wisely.
- Living on a budget.

Financial



All components of Wellness are important and must be enhanced for everyone. When one component is not strong it will effect others.

Complete Wellness

