



one
COUNTY
one
FUTURE



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

8 Dimensions of Wellness

Highlighting ABC's of
Self-Care



Awareness

Balance

Connection

Awareness

Balance
Connection

**Tuning into our body,
mind, and spirit helps us
to recognize when we
need to take action to
support our overall
wellbeing.**



Awareness

Balance

Connection

8 Dimensions of Wellness



Wellness

It is the act of practicing healthy habits daily to achieve better physical and mental health outcomes, so that instead of simply surviving, we are thriving.

Wellness is about nourishing your body, engaging your mind, and nurturing your spirit.



Wellness is a conscious, self-directed, and evolving process of achieving one's full potential.

The 8 Dimensions of Wellness

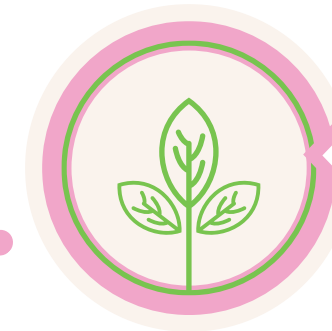
SOCIAL

Develop a sense of connection, belonging, and a support system



ENVIRONMENTAL

Good health by occupying pleasant and stimulating environments that promote wellness



PHYSICAL

Recognize the need for physical activity, diet, sleep, and nutrition



EMOTIONAL

Dealing effectively with life and creating satisfying relationships



SPIRITUAL

Expanding your sense of purpose and meaning in life



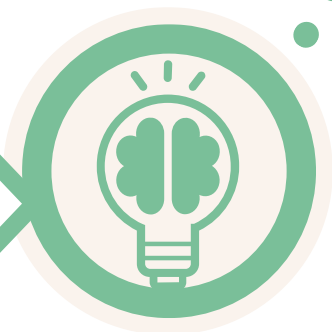
FINANCIAL

Support in budgeting and accounting for all expenses



INTELLECTUAL

Recognize creative abilities and find ways to expand knowledge and skills



OCCUPATIONAL

The personal satisfaction and enrichment derived from one's work



Activities that promote intellectual wellness include:

- Write or read for fun
- Take a class - art, music, dance, crafts
- Play board games, memory, loteria, scrabble, etc.
- Attend a play or cultural event in your community to learn about other cultures
- Learn a new language
- Learn more about the history of the city you live in
- Research and cook a new recipe



INTELLECTUAL WELLNESS

Recognize creative abilities
and find ways to expand
knowledge and skills

Intellectual activities include
things that involve learning new
knowledge, sharing knowledge,
and applying knowledge.



ENVIRONMENTAL WELLNESS

Good health by occupying pleasant and stimulating environments that promote wellness

Environmental activities are those that help make our living, learning, and working spaces, as well as our communities and other spaces around us, feel safe, clean, comfortable, and welcoming.

Activities that promote environmental wellness include:

- Recycle, repurpose, reimagine, donate
- Declutter your work or home space
- Help clean your home, office, classroom
- Use less energy when possible (e.g., turn off lights)
- Personalize your space with meaningful items
- Create a comfortable space

Activities that promote occupational wellness include:

- Create a professional development plan
- Take a class, learn a new skill/language
- Volunteer or get a job in a field that interests you
- Schedule time for a self-care
- Share your talents - teach a cooking, art, music, dance, crafting class
- Check in with yourself, are your needs being met in your current job



OCCUPATIONAL WELLNESS

The personal satisfaction and enrichment derived from one's work

Occupational activities provide personal enrichment, satisfaction and pleasure in life, and offer a sense of meaning and purpose.

FINANCIAL WELLNESS



Support with budgeting and accounting of all your expenses

Financial activities are the tasks we perform to ensure we plan to meet our basic needs and help us feel in control and have an understanding of our financial situation.

Activities that promote financial wellness include:

- Establish and follow a budget
- Download savings apps
- Track your expenses, include children
- Reduce or eliminate debt and expenses
- Plan your purchases, grocery list
- Find creative ways to create additional income, yardsales, bake sale, babysitting, dog walking
- Participate in a local clothing exchange site or create one
- Review bankstatements and automatic renewals/memberships

Activities that promote spiritual wellness include:

- Practice deep breathing techniques
- Connect with nature
- Take time to reflect on your challenges and your success
- Attend church or participate in the faith community, support groups
- Read inspiring books
- Practice mindfulness
- Identify your values, family, work and school - reflect
- Identify music that helps you reset your mind



SPIRITUAL WELLNESS

Expanding your sense of purpose and meaning in life

Spiritual activities are those that involve one's beliefs and values, provide a sense of meaning and purpose, and help develop a sense of peace and balance in one's life.

PHYSICAL WELLNESS



Recognize the need for physical activity, diet, sleep, and nutrition

Things to consider:

- Annual physicals
- 6-month dental cleanings
- Hours of sleep
- Know your numbers, AIC, Blood Pressure, Cholesterol

Activities that promote physical wellness include:

- Take a walk in a park
- Go to the gym/exercise
- Drink enough water everyday
- Monitor your caffeine intake
- Don't skip meals and eat healthy snacks
- Participate in a sports or dance team
- Gardening
- Ride a bike or walk to job or school
- Dance for fun
- Create a bedtime routine



SOCIAL WELLNESS

Develop a sense of connection, belonging, and a support system

Social activities can help us stay more connected to others. This can include spending time with friends, family, pets, and the community.

Activities that promote social wellness include:

- Attend a support group, faith group
- Go out with friends, walk, exercise, dance, class, movie, dinner, beach, etc.
- Spending time with family, cooking, storytelling, learning, vacation, etc.
- Provide community service (at an animal shelter or food bank)
- Connect with a loved one, call, text, video call
- Play a game with a loved one
- Attend cultural events, city

celebrations

Activities that promote emotional wellness include:

- Recognize the “attention” signs your body is giving you
- Reflect on your emotions/feelings
- Take a break, breathe. meditate, relax, move, eat/drink
- Help others
- Watch a movie, read a book, listen to music
- Talk to someone, a professional, a friend, a co-worker, family, spiritual leader, help line



EMOTIONAL WELLNESS

Dealing effectively with life and creating satisfying relationships.

Emotional activities are things you do to help recognize, express, and cope with feelings and emotions.



What else???

Physical

- Make it fun
- Diverse
- Inclusive - Non-competitive
- Cultural
- Include other dimensions, environment, teams versus individual, music
- Does not always include movement or action, rest

Social

- Make it fun
- Diverse
- Build opportunities for this process to happen naturally - inclusive
- Cultural
- Include other dimensions, environment, intellectual, spiritual

Emotional

- Make it fun, keep it emotionally safe
- Diverse
- Respect boundaries - inclusive
- Cultural
- Include other dimensions, environment, music
- Allow for individual expression



8
Dimension
s of
Wellness

Activity Outside the Box

Physical, Social, Emotional

Select one of the dimensions above, then answer the following questions? 15 minutes

- What is my school (or classroom) already doing to support this dimension?
- Is this inclusive of _____? (Language, culture, students' interest, etc.?)
- Can this be modified to be more inclusive? How?
- How many dimensions is this activity supporting?
- Is it fun? Do the students enjoy it? Do teachers, staff, parents, enjoy it?
- What do we need to modify it? Who else can support with this modification?
- Is there another activity that would meet the same goals? (Physical, Social, Emotional)

Report out

Pick one person from your group to share out
15 minutes

- Which dimension did you discuss?
- What did you learn about the activity your school/classroom is doing currently?
- How many dimensions does the activity support?
- What ways to modify the activity were suggested?
- Was a different activity identified that could replace the one in place now?
- Anything else? Light bulb moments?



TEEN ACTIVITY PROGRAM

All middle/high school Lompoc Unified School District students are eligible to participate Teen Activity Program at the YMCA for free. Bring a parent/guardian to register.

The YMCA is partnering with Lompoc Unified School District to offer programming that features state of the art wellness equipment, virtual and in-person fitness classes, basketball court, space to study, teen specific programming, and so much more! This program is supported by the Expanded Learning Opportunities grant plan which helps to provide support and instruction to students, including those identified as needing academic, social-emotional, and other supports.

Lompoc Family YMCA partners



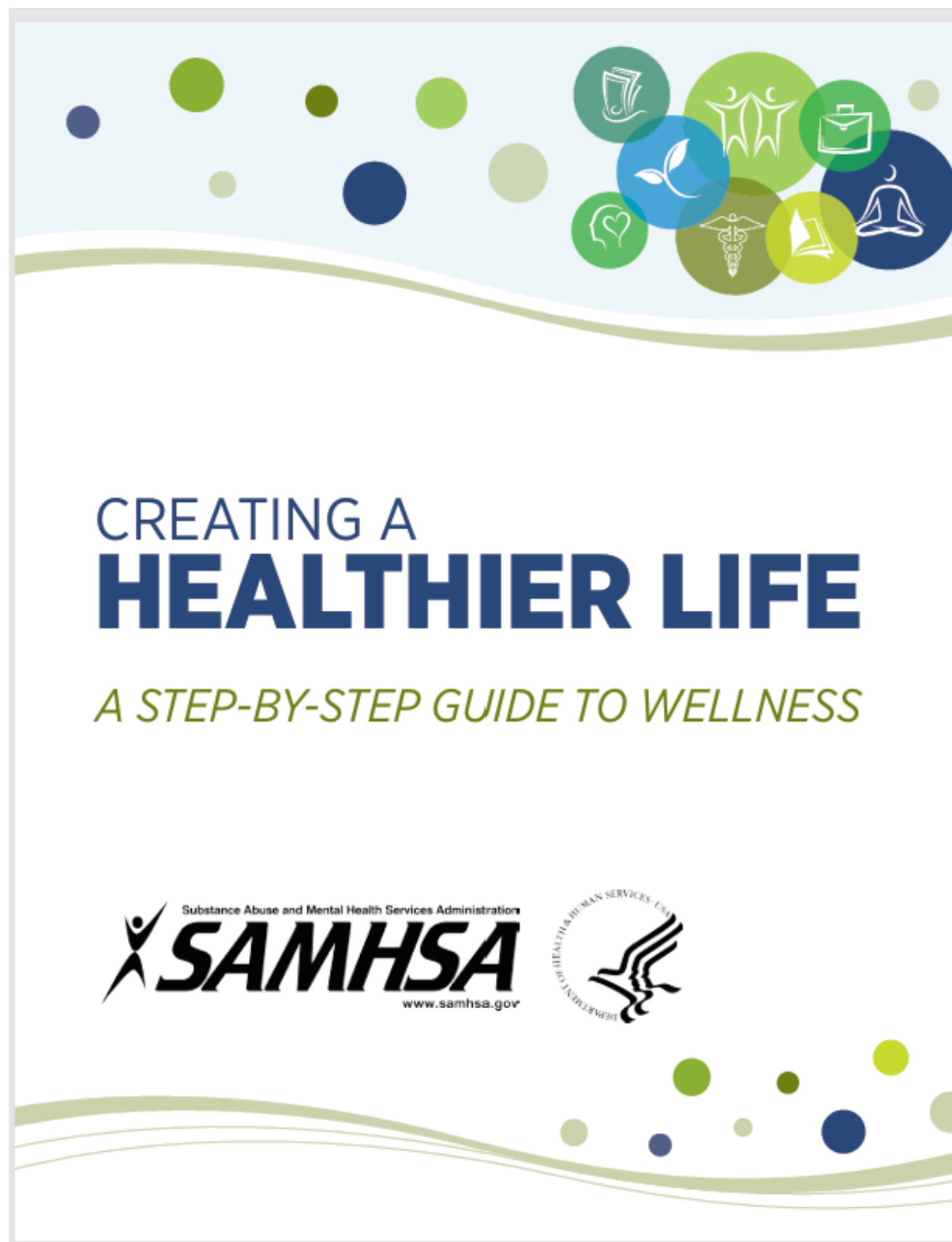
Awareness

Balance

Connection

Network and Resources





8 Dimensions of Wellness

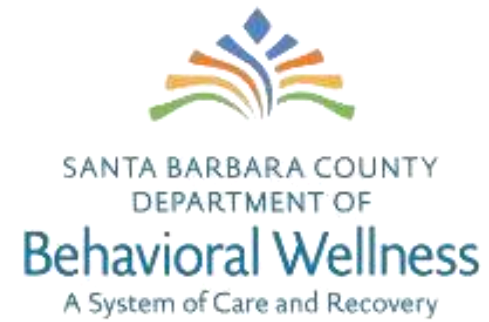


- Social
- Environmental
- Emotional
- Financial
- Occupational
- Intellectual
- Spiritual
- Physical



Looking at the '8 dimensions of wellness' above, write an activity you are doing in each area or an activity you want to do more of or start doing. Recognizing that some activities can support more than one dimension.

Social - Developing a sense of connection, belonging, and a well-developed support system.	Example: Thursday book club at the park
Environmental - Good health by occupying pleasant, stimulating environments that support well-being.	Example: Thursday book club at the park
Emotional - Coping effectively with life and creating satisfying relationships.	Example: Thursday book club at the park
Financial - Support in budgeting and accounting for all expenses.	
Occupational - Personal satisfaction and enrichment from one's work or volunteer activities.	
Intellectual - Recognizing creative abilities and finding ways to expand knowledge and skills.	Example: Thursday book club at the park
Spiritual - Expanding your sense of purpose and meaning in life.	
Physical - Recognizing the need for physical activity, diet, sleep and nutrition.	



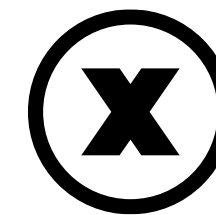
Resources, Access, Support

Crisis and Access Line
Free, 24/7

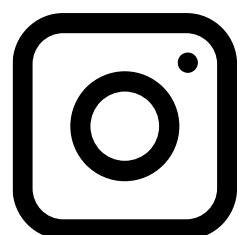
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