

EMPLOYEE ASSISTANCE PROGRAM



YOUR EAP NEWSLETTER
December 2019

Eight Dimensions of Wellness

Social Wellness

Social wellness is a sense of connection and belonging. This social dimension of health involves creating and maintaining a healthy social support network. Building a healthy social dimension might include asking a co-worker out for lunch, joining a club or organization, getting involved in your community, setting healthy boundaries, improving and using communication skills, being sincere and authentic with others, and treating others and yourself respectfully.

Environmental Wellness

Environmental wellness is related to your surroundings. This dimension of wellness connects your overall well-being to the health of your environment. Your environment, is your social and natural surroundings, which can impact how you feel. It can be difficult to feel good if you are surrounded by pollution, violence, and disorganization. People living in healthy environments live longer than those who live in unhygienic and unsafe places. Ways you can improve your environmental wellness are recycling, decluttering your house or work space, conserving natural resources and creating a safe space.

Occupational Wellness

Occupational wellness is a sense of gratification with your choice of work. It involves a work-life balance, building relationships at work, and managing work place stress. An occupational wellness goal might include finding a career that is challenging and financially rewarding or changing careers to something you feel passionate about. Your work culture and how supported you feel can impact occupational wellness; if you discover a lack of support, it may be time to reevaluate your professional goals.



Be sure to check on next months EAP Newsletter when we will dive more into the Eight Dimensions of Wellness Wheel!

Practice Makes Perfect

Sometimes we get in ruts at work, one way to combat that is to spread positive vibes to your co-workers.

When you are feeling negativity, try a quick hand written note to acknowledge a co-workers job well done. The act of gratitude is sure to lift your energy level as well as theirs.



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