

EMPLOYEE ASSISTANCE PROGRAM



YOUR EAP NEWSLETTER

January 2020

Eight Dimensions of Wellness

Intellectual Wellness

Intellectual wellness is about unlocking your creativity with mental activities which will stimulate personal and professional growth. We can become stagnant with our everyday hum drum. Intellectual wellness is about trying new things and exploring new ideas both of which are exercise for our brains. Things you can do to enhance your intellectual wellness includes take a non-required workshop or training, learn a new skill or hobby or join a book club.

Multicultural Wellness

Multicultural wellness is connecting or reconnecting with your own cultural background as well learning about other cultures. Multicultural wellness is a great tool to have because when we explore the similarities that different cultures have it brings us together and creates a stronger bond. The difference between cultures are just as important because those difference can help us feel unique. Researching a new culture is a great way to expand your intellectual wellness too! One way to do this is attend a diversity lecture, reach out to a coworker and learn more about their culture or join a club that promotes multiculturalism.

Spiritual Wellness

Is rooted in your values which can help you find meaning and purpose in life. Spiritual wellness can help give someone direction and core values by which they make life choices. Spiritual wellness can come from activities such as meditation, self-reflection spending time in nature and prayer. Ways to explore your spiritual wellness is to find a place where you feel comfortable and peaceful.



Practice Makes Perfect

Tackle these three wellness dimensions all at once by attending a culturally sponsored meditation retreat. You will learn something new about yourself and others! Then practice what you learn.

Be sure to check on next months EAP Newsletter and tune into our new monthly program Healthy Huddle Express located on the EAP portal!

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Center For Family Life and Recovery

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