

EMPLOYEE ASSISTANCE PROGRAM



YOUR EAP NEWSLETTER
November 2019

Eight Dimensions of Wellness

What, Who and WHY

WHAT.....

The Substance Abuse and Mental Health Services Administration (SAMSHA), defines wellness as an overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life, so it's important to consider all aspects of health.

WHO.....

The origin of the wheel of wellness started with six-dimensional model of wellness credited to Dr. Bill Hettler in 1976. His idea was expanded on by the University Health Service at University of Michigan they created an eight-dimensional model (University of Michigan, 2012) (National Wellness Institute, 2012).

WHY....

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence. As a person becomes aware of the interconnectedness of each dimension of wellness they can make changes to improve their overall well being.



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

Practice Makes Perfect

Small change can make a big difference! Put a jar in a central location and encourage everyone in your family to toss their pennies, nickels and dimes in. At the end of the month empty it out and start again. Use the money collected to fund special outings or family vacations! Or start a new savings account!

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