

What is wellness?

"the state of being in good health, especially as an actively pursued goal"



THERE ARE SIX DIMENSIONS OF WELLNESS

Emotional, physical, intellectual, interpersonal, social, and spiritual wellness all interact with each other, continuously affecting and being affected by each other.



WHAT DOES WELLNESS LOOK LIKE?

YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family and community engagement for mental health education, support, advocacy and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health supports, services and educational accommodations and direct funding to families to support young people with chronic mental health disabilities.

YMHC

Youth Mental Health Canada

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1-877-955-5800

www.youthmentalhealth.ca

THE SIX DIMENSIONS OF WELLNESS

Physical

Physical wellness involves healthy eating habits, exercise, and taking responsibility for one's own healthcare.

Practice physical wellness by:

- playing a sport you like
- drinking plenty of water
- eating lots of different coloured vegetables
- going to the doctor when you are sick

Intellectual

Intellectual wellness is focused on continuously learning new things.

Practice intellectual wellness by:

- being creative
- reading
- learning new skills
- taking part in hobbies you enjoy

Interpersonal

Interpersonal wellness encourages contributing to one's human and physical environment and the common welfare of one's community.

Practice interpersonal wellness by:

- having positive interactions with others
- communicating your feelings and needs to others
- caring for others and the common good
- allowing others to care for you

Spiritual

Spiritual wellness means something different to every person, but is generally agreed to be the search for meaning and purpose in human existence.

The path to spiritual wellness may involve:

- meditation
- prayer
- yoga
- affirmations
- practices that connect you to a higher belief system

Emotional

Emotional wellness involves being able to handle stress, and being attentive to your thoughts, feelings, and behaviours (whether they are positive or negative)

Practice emotional wellness by:

- using a positive attitude
- setting priorities
- being aware of your thoughts and feelings
- getting help when you need it
- accepting mistakes and learning from them
- expressing emotions in a healthy way

Environmental

Environmental wellness involves your connection to nature and your own personal environment.

Practice environmental wellness by:

- keeping your room clean
- caring for the environment
- following the reduce, reuse, recycle motto
- decorating your space the way you like it