

# Mental Health Awareness Month 2022

## INDIVIDUAL WELLNESS ACTIVITY

Your mental health is connected to many aspects of your daily well-being. This year for Mental Health Awareness Month, Alpha Chi Omega is encouraging members to explore their holistic health through the Eight Dimensions of Wellness. Using the Wellness Wheel Inventory, members can distinguish strengths in their health routine and identify areas of growth to continue to enhance the multiple dimensions of their personal wellness.

## THE EIGHT DIMENSIONS OF WELLNESS

Understanding the individual components that influence and impact your overall health can help you to improve and maintain a positive relationship with your mental fitness. The Eight Dimensions of Wellness provide an inclusive approach to understanding our individual well-being. The Substance Abuse and Mental Health Services Administration (SAMHSA) defines these dimensions as:

1. **Emotional** – coping effectively with life and creating satisfying relationships
  - Examples: maintaining a daily routine, expressing emotions in a constructive manner, recognizing stress triggers, practicing self-care and implementing effective stress management techniques (e.g., meditation, yoga, journaling, breathing exercises, professional counseling)
2. **Environment** – maintaining good health by occupying pleasant, stimulating environments that support well-being
  - Examples: using environmentally friendly products, reducing carbon footprint, recycling, minimizing screen usage, conserving energy or fuel, spending time outdoors in sunlight, and being aware of environmental threats and dangers
3. **Financial** – being satisfied with current and future financial situations
  - Examples: maintaining a budget, creating a checking/saving account, establishing an emergency fund, making investments, planning for retirement, and setting short-term and long-term fiscal goals

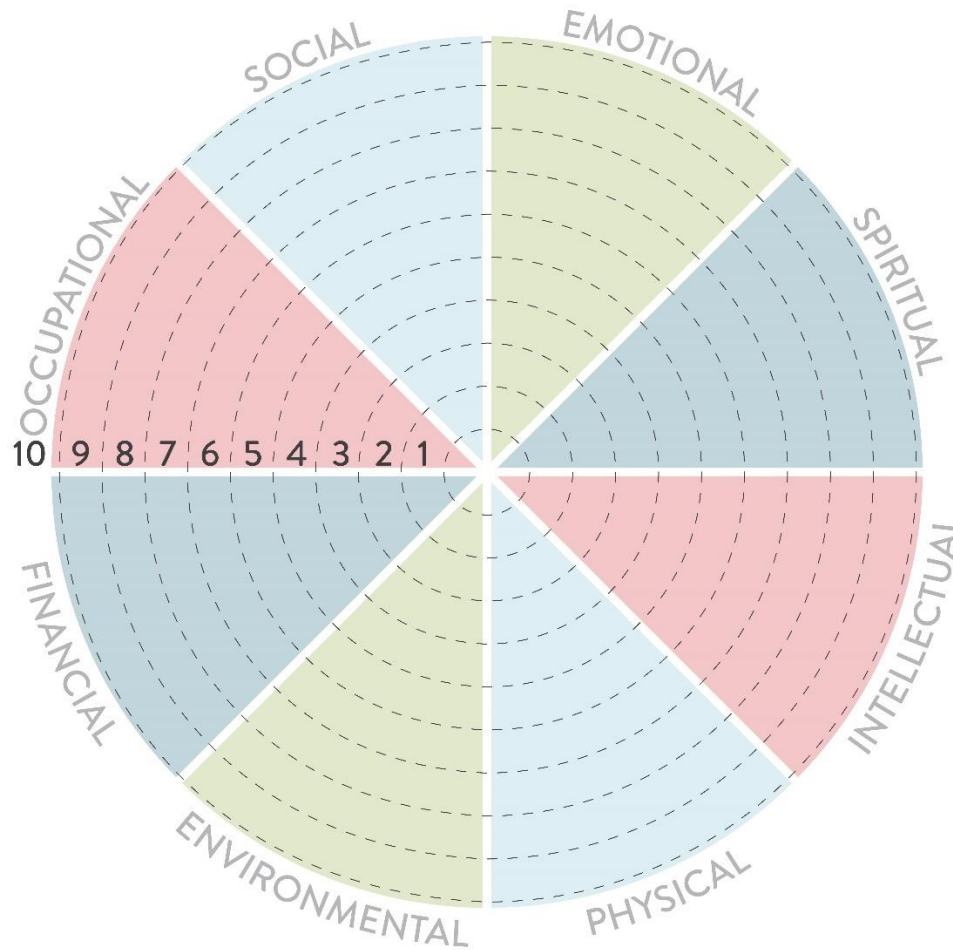
4. **Intellectual** – recognizing creative abilities and finding ways to expand knowledge and skills
  - Examples: attending a workshop or class, trying new hobbies, taking a language course, visiting a local library, pursuing advanced degrees, and completing a certification or professional training
5. **Occupational** – having personal satisfaction and enrichment from one’s work
  - Examples: having a sense of accomplishment, contributing talents and skills, having stimulating work tasks, creating positive relationships with coworkers, and scheduling vacation and time off
6. **Physical** – recognizing the need for physical activity, diet, sleep and nutrition
  - Examples: exercising routinely, eating fresh and healthy meals, scheduling preventative medical care visits, taking medication, and prioritizing 7-8 hours of sleep a night
7. **Social** – developing a sense of connection, belonging and a well-developed support system
  - Examples: spending time with friends and family, meeting new people, being involved in community groups or organizations, and planning social activities (movies, coffee/dinner/lunch dates, game nights, virtual meet-ups, etc.)
8. **Spiritual** – expanding one’s sense of purpose and meaning in life
  - Examples: exploring personal values and ethics, practicing meditation or yoga, praying, participating in religion or spiritual practices, spending quiet time in contemplation, and doing community service

## WELLNESS WHEEL INVENTORY

The Wellness Wheel represents the Eight Dimensions of Wellness that comprise our health. Each dimension provides an individual perspective on the balance needed to lead a healthy and meaningful lifestyle. Use the Wellness Wheel and inventory questions as a tool to assess your comprehensive health. After completing the inventory, total your points for each dimension and write the number in the inventory results section.

1. Give yourself 10 points in each dimension for which you practice a healthy habit daily.
2. Give yourself 8 points in each dimension for which you practice a healthy habit weekly.
3. Give yourself 6 points in each dimension for which you practice a healthy habit monthly.
4. Give yourself 4 points in dimension for which you practice a healthy habit annually.

5. Give yourself 2 points in each dimension for which you feel satisfied with your health.



**INVENTORY RESULTS**

Provide the scores for each dimension of wellness from the Wellness Wheel Inventory. Circle the highest scored dimension and the lowest scored dimension.

NOTE: The maximum total of points possible per dimension is 50.

- Emotional \_\_\_\_
- Environment \_\_\_\_
- Financial \_\_\_\_
- Intellectual \_\_\_\_
- Occupational \_\_\_\_
- Physical \_\_\_\_
- Social \_\_\_\_
- Spiritual \_\_\_\_

## REFLECTION QUESTIONS

Review the results of your Wellness Wheel Inventory using the processing questions below.

- Do any of your results from the Wellness Wheel Inventory surprise you? If so, why?
- Which dimension of wellness do you give the most attention to in your life?
- Which of the dimensions would you like to cultivate more?
- What are barriers that keep you from achieving progress in a dimension of wellness?
- How can you create balance among the dimensions of your personal wellness?
- What tangible reminders do you need to stay motivated on your health and wellness?
- Which dimension would you like to learn more about?
- What is one habit you can adopt or strategy you can implement to improve your health this month?

## CONCLUSION

Improving your personal health begins with self-awareness. Recognizing and appreciating where you are at in each dimension of wellness is the first step toward developing a healthy relationship with your mental well-being. Knowing that each dimension is dependent on the other will allow you to stay cognizant of when your health is in misalignment. Your ability to adapt, adjust and respond to meet the needs of your holistic wellness will help you not only protect your mental health, but also support you in creating a balanced lifestyle.

Remember that your mental health is not a destination – it is a journey. It is dynamic and evolving just like you! It requires daily practice, ongoing attention and personal commitment to continue to thrive and flourish in each and every aspect of your life.

To learn more about positive mental health practices, collegiate members can visit Alpha Chi Omega's [Mental Health Education page](#). Alumnae members are encouraged to explore their mental health on the [Mental Health Resources page](#). Follow along with us on social media this May to continue to explore the Eight Dimensions of Wellness throughout our Mental Health Awareness Month campaign!

## RESOURCES

- [Creating a Healthier Life: A Step-by-Step Guide to Wellness](#) by SAMHSA
- Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311–314.