



Embarking on a Wellness Journey

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Often, when we think of being healthy, we think of physical health and maybe emotional health. In order to achieve optimal health, a holistic approach based on wellness is vital. Wellness is defined as "not as the absence of disease, illness, and stress, but as the presence of a positive purpose in life, satisfying work and play, joyful relationships, a healthy body and living environment, and happiness" (Halbert Dunn).

Researchers identified eight dimensions of wellness that affect health and quality of life: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. How needs are met for each of those dimensions is a personal decision because what works for one person may not work for another.

Remember wellness is a journey. It is about progress rather than perfection. Spend some time identifying which dimensions listed below are strengths and which may need some additional work. Pick one dimension and try one new activity. Congratulations, your journey has started!

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The 8 Dimensions of Wellness

Dimension	Definition	Ways to Increase Wellness
Emotional	Understanding and respecting your feelings, values, and attitudes. Feeling positive and enthusiastic about your life.	<ul style="list-style-type: none"> • Start a gratitude journal • Avoid excessive media coverage • Get help
Environmental	Enjoying good health by occupying pleasant, stimulating environments that support well-being	<ul style="list-style-type: none"> • Go outside • Start a garden • Declutter
Financial	Managing your resources to live within your means, making informed financial decisions, and preparing for short-term and long-term needs.	<ul style="list-style-type: none"> • Free tax preparation services (see Resource Spotlight) • Get Help
Intellectual	Recognizing creative abilities and finding ways to expand knowledge and skills	<ul style="list-style-type: none"> • Brain games and exercises • Join online classes
Occupational	Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding	<ul style="list-style-type: none"> • Volunteer • Create something • Teach something to someone
Physical	Recognizing the need for physical activity, healthy foods, and sleep	<ul style="list-style-type: none"> • Go to bed and wake up at the same time • Join a fitness class or go outside for a walk • Meet with a nutritionist
Social	Developing a sense of connection and belonging and contributing to your community	<ul style="list-style-type: none"> • Call, text, video call, or write letters to stay connected • Find a way to help others • Join online programs
Spiritual	Expanding one's sense of purpose and meaning in life	<ul style="list-style-type: none"> • Attend a worship service in person or online • Meditate for 5-10 minutes

Looking for more ideas? You can go online to access the free resource: Creating a Healthier Life, A Step-by-Step Guide to Wellness <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf> .

Biofeedback

Biofeedback is a technique that teaches controlling body functions as a way to achieve a health goal. It has been found to be effective for reducing pain, reducing anxiety, asthma, headaches, and many other conditions.

During biofeedback, you're connected to electrical sensors that receive information about your body. The information is passed to you through changes on a monitor, a beeping sound, or a flashing light. The feedback teaches you to control your body by changing your thoughts, emotions, or behavior.

The therapist might use a variety of functions - brain waves, breathing, heart rate, muscle contractions, sweat glands or temperature - depending on your health problems and goals.

Biofeedback can be found in physical therapy clinics, medical centers and hospitals. There are even some biofeedback devices that you can use at from home.

Biofeedback is generally safe; however, people with certain medical conditions may not be good candidates. As always, be sure to discuss this option with your doctor first.

Valentine's Day Activity and Trivia

1. Did Russel Stover or Richard Cadbury invent the first Valentine's Day candy box in the late 1800s?
2. Who is the said to be the symbol of valentines? He is the son of Venus, the Roman god of love and beauty.
3. Myth or Fact? Girls of medieval times ate bizarre foods on St. Valentine's Day to make them dream of their future husband.
4. Valentine's Day and what other holiday are the biggest holidays for giving flowers
5. 60% of America's red roses are grown in which state?
6. What material, whose name comes from the Latin laques, meaning to snare or net," as in to catch a person's heart, is often used on Valentine decorations.

Source: <https://www.theholidayspot.com/valentine/facts.htm>

Answer on back page.



Sharing Circle

What is your favorite book and why?

I am such a book lover that it's impossible to choose only one, but I've always loved Betty MacDonald's *Anybody Can do Anything* - an hilarious memoir, centred mostly on her many jobs during the Depression. Betty had a flair for taking situations which often were far from funny, and seeing the humour in them. I am inclined to think my own looks at the humorous side of life were inspired, to some extent, but Betty's being able to laugh despite, for example, poverty, being a young, divorced mother during the Depression, even having TB! – Elizabeth



We want to hear from you for next month's issue!

What is something that you do to care for yourself?

Email your answer to Bridget Souza at bsouza@cafsnj.org or call 201-740-7011.

Mindful Goal Setting

Sometimes when we set goals, we set goals that may be too difficult, too complex, or not what is most important to you. This activity is designed to help you be mindful in the goals you set so that you remain focused and motivated.

1. Become present in the now: Take slow, deep breaths to ground you.
2. Settle your mind: Close your eyes and focus - Choose one word or feeling that you'd like to embrace in the coming year (words like "love," "happiness," or "peace") and repeat the words to yourself as you breathe in.
3. Connect with your heart: Place one hand on your heart as you also place your attention on your innermost desires. What goals get you excited?
4. Visualize: Imagine your goal as your reality. What does it look, smell, taste, sound, and feel like?
5. Affirm: Write it down! Write your goal, visualization, and how it makes you feel. This will help to keep you motivated and committed.

Source: 5 Steps to Mindful Goal Setting, <https://mindfulminutes.com/mindful-goal-setting>

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

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Celebrating Seniors Online

<https://www.tcad.org/virtual/celebratingseniors>

www.tcad.org  @TCADR  @TCADR

ANSWERS

Activity: (1) Richard Cadbury, (2) Cupid, (3) Fact, (4) Mother's Day, (5) California, (6) Lace

Resource Spotlight:

Free Tax Preparation Services

The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. The VITA program offers free tax help to:

- People who generally make \$57,000 or less
- Persons with disabilities; and
- Limited English-speaking taxpayers
- People who need assistance in preparing their own tax returns

The TCE program offers free tax help, particularly for those who are 60 years of age and older, specializing in questions about pensions and retirement-related issues.

VITA and TCE sites are generally located at community and neighborhood centers, libraries, schools, shopping malls and other convenient locations. To locate the nearest site, go to <https://irs.treasury.gov/freetaxprep/> or call 800-906-9887. A majority of the TCE sites are operated by the AARP Foundation's Tax Aide program. To locate the nearest AARP TCE Tax-Aide site use the AARP Site Locator Tool (<https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>) or call 888-227-7669.

If you or a loved one needs help accessing addiction services and support...

Call or Text: 201-589-2976

Confidential hotline services available 24/7 to serve Bergen County

 **THE CENTER**
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services