



**Regional
Prevention
Services**

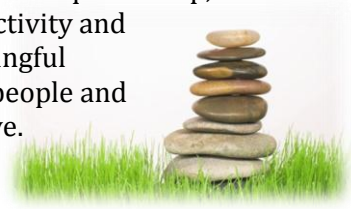
**RPS FACT SHEET
May 2013**

Life Balance Literacy

Regional Prevention Services (RPS) is a regionally-based system, funded by the Colorado Department of Human Services; Office of Behavioral Health and administered by OMNI Institute.

For more resources and to find out how to contact the Regional Prevention Consultant (RPC) in your region, visit www.rpscolorado.org

Wellness is a conscious, purposeful process that makes a person become aware of and make choices for a more satisfying lifestyle. A wellness lifestyle includes a self-defined balance of health habits: adequate sleep, rest, and good nutrition; productivity and exercise; participation in meaningful activity; and connections with people and communities that are supportive. (Sarkis, 2012)



Taking care of ourselves is not only about vitamins and getting to the gym. Our bodies are just one aspect of our total wellbeing. A balanced self-care routine involves the mind, body, and soul. Often our emotional and mental wellbeing can have a significant impact on our physical wellbeing. Some of us take great care of our bodies, but pay little attention to our feelings, our stress level, or overly packed schedules. Some of us take great care of our mental and emotional wellbeing such as reading books, meditating, and expressing our emotions in healthy ways, but pay little attention to our body's signals for help. (Swarbrick, 2010)

Important to remember is that habits are critical for wellness. Our habits affect what we eat, what we wear, how we go to work, and how we spend or save money. Habits become ingrained, and we have to work consciously to maintain or establish good habits that contribute to our wellness. (Swarbrick, 2012)



We all know what a habit is and we all have some patterns of behavior that we might consider to be bad habits. In fact habits usually get a bad name. It is rare that someone comments on a good habit or healthy routine and that is a shame. A surprising amount of our everyday behavior is controlled habitually and so the healthier and more productive our habits, the better for us.

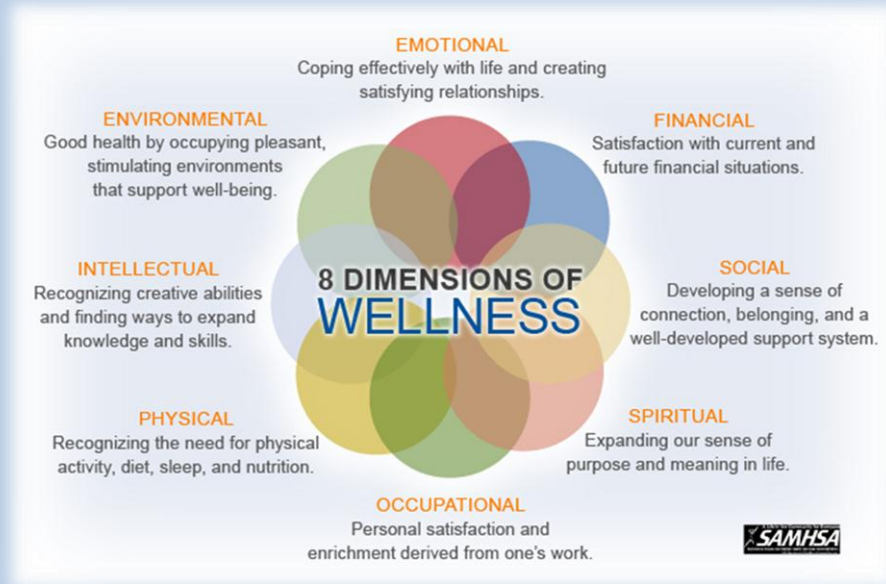


Colorado Department of Human Services
people who help people

www.rpscolorado.org



Consider the **Eight Dimensions of Wellness** in relation to the spokes of a wheel. To be well, all the dimensions have to be balanced like the spokes of a wheel. If the spokes are broken or uneven then the wheel cannot turn. The same happens in life when we are out of balance.



Consider these things to improve your balance across the dimensions of wellness:

- Surround yourself with positive and supportive people.
- Practice gratitude.
- Care for your body: eat well, sleep well, exercise.
- Know your values, and live them.
- Find activities that give you a sense of purpose and connectedness.
- Set up small goals for yourself and have someone you trust to keep you accountable.
- You can always change and refine your goals. The important thing is that you get started with them.
- Remember that each area you change will have an impact on the other areas.

- Wellness involves a sense of empowerment. Empowerment goes hand-in-hand with taking personal responsibility for our lives and encouraging others toward their own wellness. By setting our own goals toward wellness we help empower not only ourselves but also those around us.
- Care about others. People don't care about how much you know until they know how much you care. Ask questions. Take a genuine interest in people. This will help strengthen relationships with employees, co-workers, coalition volunteers, and board members.
- Prevention work is not easy. Encourage those around you. When we support people and encourage them through hard times, we are helping them be inspired to see the best in themselves and in the situation. In doing so, we will also help keep our own thoughts positive.
- By looking for people, ideas, environments and knowledge that we find inspiring and motivating, we will become inspired ourselves.
- All of us learn from our own experiences. We have more to share than we realize. If we mine the rich experiences of our lives and share our wisdom from our unique point of views, we have the potential to touch someone.
- Lastly, be vulnerable. Willingness to share our failures as well as our successes can help others relate to us. That can help us understand that we all have challenges. (William and Penman, 2011)

Sarkis, S. Retrieved October 8, 2012 from Email interview. Sept. 10, 2012. <http://www.stephaniesarkis.com/> SAMHSA. About SAMHSA's wellness efforts. Web. Retrieved Sept. 10, 2012, from <http://www.promoteacceptance.samhsa.gov/10by10/default.aspx> SAMHSA. Eight dimensions of wellness. Web. Retrieved Sept. 10, 2012, from <http://www.promoteacceptance.samhsa.gov/10by10/dimensions.aspx> Swarbrick, M. (2010). Peer Wellness Coaching Supervisor Manual. Freehold, NJ: Collaborative Support Swarbrick, P. (2012) Retrieved November 12, 2012 from <http://welltacc.org/attachments/article/368/wellness8dimensions.pdf> Williams, M. and Penman, D. (2011) Mindfulness. A Practical Guide to Finding Peace in a Frantic World. Pitus

