



HELPING HANDS



What is Wellness?

(Excerpts from Globalwellnessinstitute.org)

Wellness Is Multidimensional

Wellness is about more than just physical health. Most models of wellness include at least six dimensions (and sometimes up to 9 or 12):



Physical: Nourishing a healthy body through exercise, nutrition, sleep.

Mental: Engaging the world through learning, problem-solving, creativity, etc.

Emotional: Being aware of, accepting and expressing our feelings, and understanding the feelings of others.

Spiritual: Searching for meaning and higher purpose in human existence.

Social: Connecting and engaging with others and our communities in meaningful ways.

Environmental: Fostering positive interrelationships between planetary health and human actions, choices, and wellbeing.

Defining Wellness

*The Global Wellness Institute defines wellness as **the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.***

There are two important aspects to this definition. First, wellness is not a passive or static state but rather an “active pursuit” that is associated with intentions, choices, and actions as we work toward an optimal state of health and wellbeing. Second, wellness is linked to holistic health—that is, it extends beyond physical health and incorporates many different dimensions that should work in harmony.

Wellness is an individual pursuit—we have self-responsibility for our own choices, behaviors, and lifestyles—but it is also significantly influenced by the physical, social, and cultural environments in which we live.

Wellness is often confused with terms such as health, wellbeing, and happiness. While there are common elements among them, wellness is distinguished by not referring to a static state of being (i.e., being happy, in good health, or a state of wellbeing). Rather, wellness is associated with an active process of being aware and making choices that lead toward an outcome of optimal holistic health and wellbeing.



Emotional wellness



(Excerpts from Intro Wellness, Innovative Health Jenna Jamison, M.D. www.introwellness.com)

Emotional wellness has to do with your thoughts, feelings, and behaviors. It allows you to clearly recognize and accept your feelings, both positive and negative. This includes adapting to stress, life changes, and difficult times.

Ways to improve your emotional wellness include:

- Being optimistic and focusing on the positive aspects of life
- Learning to accept your emotions, whether good, bad, or ugly
- Building and maintaining strong relationships
- Staying in the moment
- Practicing mindfulness
- Smiling as much as possible
- Maintaining a good work/life balance
- Getting enough sleep at night
- Seeking professional support when necessary
- Managing stress through positive coping methods



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

Why is wellness important?

Wellness is important because it impacts so many areas of life. Honestly, everyone wants to live their life to the fullest potential. Unfortunately, this is not easy. Life often comes with challenges and things we can't control. Fortunately for you, optimizing your overall well-being is something you can easily do. Upon doing so, you'll notice significant benefits, both personally and professionally.

The importance of personal wellness

Personal wellness is important because it has to do with the choices you make to thrive in your personal life. In fact, balancing all that life has to offer is easier when you have a personal wellness plan. Doing so helps you best succeed in life as well as challenges you to grow into the best version of yourself!

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