

## DEFINITIONS

**Cultural**

Individual awareness of one's own culture as well as understanding and respecting the diversity and richness of other cultures.

**Economic**

The ability to meet financial needs and adapt to unanticipated financial situations.

**Educational**

Recognition of creative abilities and the expansion of knowledge and skills.

**Emotional**

The ability to cope effectively with life and create personal enrichment through one's work and relationships.

**Environmental**

A harmonious and sustainable relationship with immediate surroundings that expands to the natural world.

**Physical**

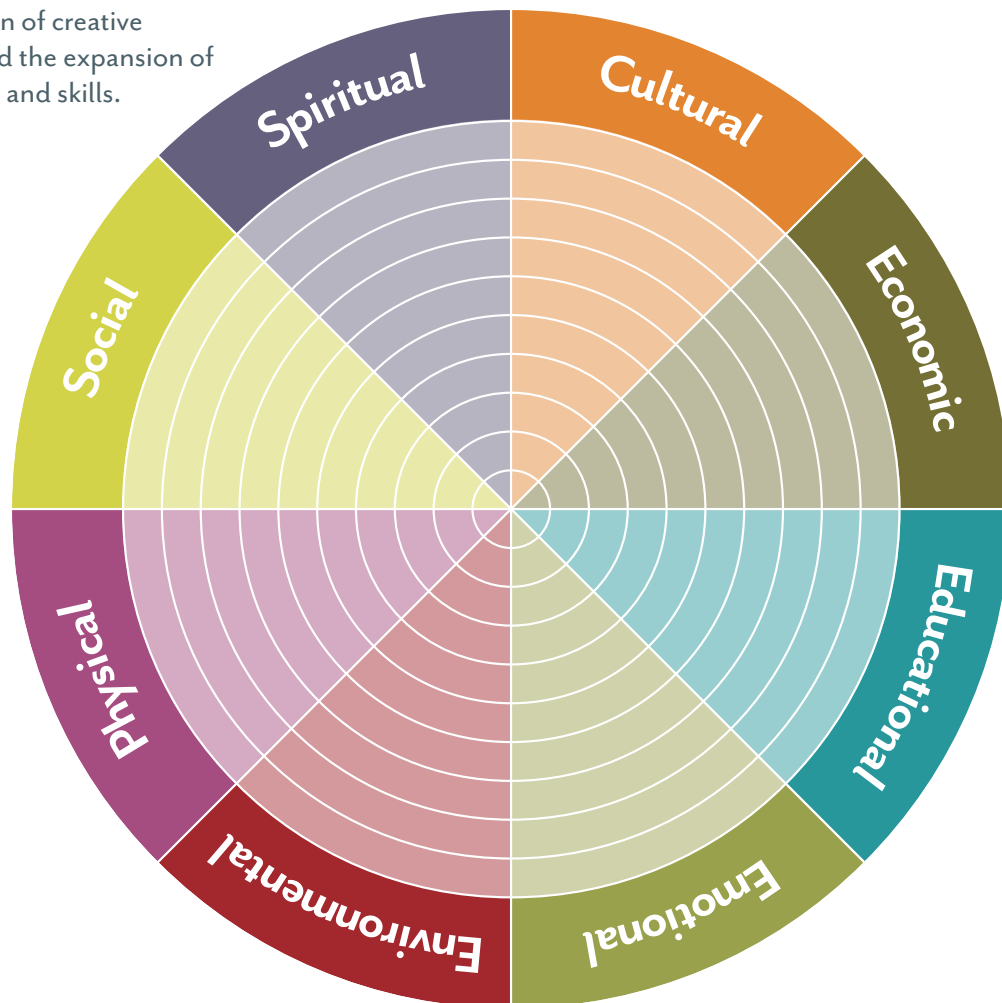
The ability to perform daily activities without undue fatigue or physical stress.

**Social**

A sense of connection, belonging, safety, and a reliable support system.

**Spiritual**

A sense of purpose and meaning in life.



## INSTRUCTIONS

Take a moment to look at the dimension, read the definition, and reflect on where you fall on a scale of 0-10 for that dimension. The center of the chart is 0, the outside ring of the chart is 10.

For more information visit [www.mappofskp.net](http://www.mappofskp.net) or [www.facebook.com/MAPP-of-the-Southern-Kenai-Peninsula](https://www.facebook.com/MAPP-of-the-Southern-Kenai-Peninsula).  
 For resources to support you on your wellness journey visit [www.skpresourcedirectory.net](http://www.skpresourcedirectory.net).

8 Wellness Dimensions has been adapted by the MAPP Steering Committee to meet local needs and is based upon the dimensions as defined by Substance Abuse and Mental Health Services Administration (SAMHSA).

# START 2020 BY FOCUSING ON YOUR 8 DIMENSIONS OF WELLNESS!

Below are some ideas to get you started

## Cultural

### How can I develop my cultural wellness?

- » Visit a museum, art gallery, concert, or library
- » Celebrate holidays and traditions that are important to your culture or family
- » Visit a significant site that is culturally or historically meaningful

## Economic

### How can I develop my economic wellness?

- » Take advantage of free local resources
- » Resolve to start saving money, even in small increments
- » Learn ways to cut expenses, such as meal planning, bulk buying, using coupons, and cooking creatively

## Educational

### How can I develop my educational wellness?

- » Explore opportunities to learn new skills through local classes at the college, community schools, arts council, hospital, etc.
- » Set a reading goal for the year
- » Start a new hobby

## Emotional

### How can I develop my emotional wellness?

- » Build time into your schedule to see friends or to do activities that nurture your interest
- » Practice self-soothing and breathing techniques
- » See professionals who can help with specific coping strategies

## Environmental

### How can I develop my environmental wellness?

- » Learn about the local environment through lectures, presentations, and hands on activities
- » Schedule regular times to deep clean, check smoke alarm batteries, or set up a home recycling system
- » Make changes to your work environment to best suit your daily activities

## Physical

### How can I develop my physical wellness?

- » Schedule physical, dental, and vision exams in advance for the year
- » Find a form of exercise that is fun and fulfilling
- » Prioritize rest and healthy foods

## Spiritual

### How can I develop my spiritual wellness?

- » Journal, talk to others, or do activities to explore your values and belief system
- » Meet with like-minded people to read sacred texts, to worship, or to learn together
- » Intentionally practice gratitude, compassion, or generosity

## Social

### How can I develop my social wellness?

- » Schedule quality time with friends and family
- » Join groups or clubs to enjoy activities with others
- » Develop a “buddy plan” to check on others in times of stress or emergency