

HOW TO DESIGN ACHIEVABLE NEW YEARS RESOLUTIONS USING THE 8 DIMENSIONS OF WELLNESS
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LEARNING OBJECTIVES

- 1) Describe the critical components of the 8 Dimensions of Wellness
- 2) Correlate the 8 Dimensions of Wellness with the development of achievable New Year's Resolutions
- 3) Analyze your current life-course using the framework of the 8 Dimensions of Wellness to set realistic course corrections



WHY ALL THE FUSS ABOUT WELLNESS?

Life Expectancy:

- 1900: 47 years
- 2015: 80.3 years
- 2017: 78.7 (BMJ, 2018)
 - 66.2 Healthy years
 - 11.5 Impaired years
- If you knew you were going to live to be 100 years old, what would you change today?
- Compressed Morbidity (Fries, 2005)



LIVING LONGER

How long we live is determined by:

- 20% Genetics
- 20% Medical Care
- 60% Behavior, Social & Environment (New England Health Care Institute, 2009)

Lifestyle choices are responsible for:

- 70% Colon cancer
- 70% Strokes
- 80% Heart disease
- 90% AODM



WHAT IS WELLNESS?

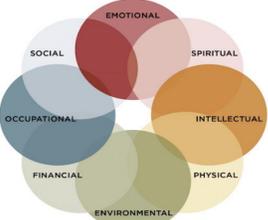
Wellness is not the absence of disease, illness, or stress, but it is the presence of.....

- Optimal physical & behavioral health
- Purpose in life
- Active involvement in work and play
- Joyful relationships
- Happiness (Dunn, 1961)

Wellness is a choice we make each day!



8 DIMENSIONS OF WELLNESS



WELLNESS <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>



HEALTH

World Health Organization

- Health is the fulfillment of human potential; fundamental right of all people (2018)
- There is no health without mental health

Jonas E. Salk (1983)

- Urged society to prioritize mental health and support each persons fundamental right to achieve their potential.

ACE's Research (CDC, 2018)

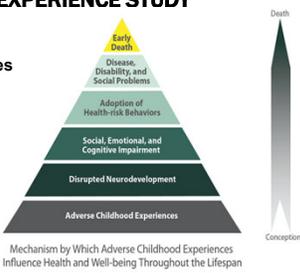
Childhood events impact longevity



ADVERSE CHILDHOOD EXPERIENCE STUDY
-ACES

Adverse childhood experiences have been linked to:

- Risky health behaviors
- Chronic health conditions
- Low life potential early
- Death



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



EMOTIONAL/PSYCHOLOGICAL WELLNESS

- A dynamic state of awareness including acceptance of one's feelings.



The ability to:

- Deal with the world as it is. Not demand that it should be otherwise
 - Blame & guilt have no growth potential!
- Accept evidence that contradicts what we believe
- Embrace the diversity of thoughts and civil actions that behavior disrupts negative thinking patterns & supports readiness for change
- Accepts self, others, and nature
- Interact with people who are imperfect and unlikely to change

How do I achieve this?



TIME MANAGEMENT VS ENERGY MANAGEMENT

Multitasking does not make anything go faster, Why?

- Forces the brain to jump between two or more things
- Creates distraction

Clutter

- Drains energy
- Reminds us of something we are not doing
- Research (2016) Clutter makes it difficult to discriminate the emotional expressions of people around us!



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ACHIEVING PSYCHOLOGICAL WELLNESS

Change the rules

You never change things by fighting the existing reality. To change something build a new model that makes the old model obsolete.
Richard Buckminster Fuller (American Architect & Inventor)

Be present

Attention is an asset—where we focus our attention is where our effort goes!
What gives you joy?
What gives you energy?

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PHYSICAL WELLNESS



Webster defines health as: The condition of being sound in body, mind, and spirit esp.: freedom from physical disease or pain

- Physical wellness will determine how long you will live and the quality of life you will have**
- Physical wellness is attained through**
 - Eating well (2 cups of vegies) and consuming adequate hydration (64 ounces/day)
 - Provides fuel for activity and reduces tiredness
 - Exercise**
 - Raises brain chemicals and wards off depression
 - Weight management
 - Adequate sleep

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PHYSICAL WELLNESS (CONT)

Learning and recognizing symptoms of disease

- Monthly self-breast/testicular exams
- Annual dental and medical exams
- Seeking and following treatment recommendations

Sleep quality impacts health

- Deficient sleep is linked to:
 - Obesity
 - Substance use
 - Poor emotional regulation
 - Accidents and injury



INTELLECTUAL WELLNESS

- The ability to make sound and thoughtful decisions utilizing critical thinking skills

- Desire for knowledge-open to new ideas
- Motivation to master new skills
- Creativity and curiosity of life
- Sense of humor and the ability to use it in a healthful way
- People who enjoy intellectual wellness never stop learning



200 years ago, Dr. Johann Christian Reil coined the term 'psychiatry' - as he saw the nexus between physical & mental health and launched an anti- stigma campaign
How far have we come?

It is beyond a doubt that all our knowledge begins with experience - Immanuel Kant



ENVIRONMENTAL WELLNESS

- Healthy people in a healthy community-- the responsibility of everyone—accept the fact that incremental changes can be steps in a positive direction
- De-clutter, donate & recycle things you don't need
- Seek out experiences that have a calming effect by identifying opportunities to reduce environmental stress
- Japanese research suggests that walking in the woods (Forest bathing) creates more energy than the same amount of walking in an urban environment. (Takayama, Korpela, Lee, Morikawa, et al., 2014)



SPIRITUAL WELLNESS

- A set of beliefs, principles and values that provide a foundation for living our life vision



Expands our sense of purpose and meaning in life.

- Is an antidote to anger, fear and other uncomfortable feelings
- A healthy bond for connecting people together with their beliefs



SPIRITUAL WELLNESS (CONT)

<p>Spirituality</p> <ul style="list-style-type: none"> ▪ Totality of man's inner resources ▪ The ultimate concerns around which all other values are focused ▪ The central philosophy of life that guides conduct ▪ The meaning-giving center of human life which influences all individual and social behavior" (Moberg, 1979) ▪ "Trust & faith in a power greater than oneself" 	<p>Religion</p> <ul style="list-style-type: none"> ▪ Only one aspect of spirituality ▪ An organized practice of beliefs ▪ May or may not fill an individual's spiritual needs
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HOW DO I RECOGNIZE SPIRITUAL WELLNESS

Spiritual wellness looks like:

<ul style="list-style-type: none"> ▪ Offering non-judgmental hope to others ▪ Holding someone's hand & being silent ▪ Prayer ▪ Gardening 	<ul style="list-style-type: none"> ▪ Meditation ▪ Worship ▪ Music ▪ Walking/Running
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- Feeling calm
- Gaining insight into a complex issue
- Being patient and calm becomes easier



OCCUPATIONAL WELLNESS



Traveling a path toward occupational wellness, contributes your unique gifts, skills and talents to work that are both personally meaningful and rewarding.

Do I:

- Spend my time in a vocation that is interesting, enjoyable, meaningful and that contributes to society at large?
- Enjoy going to work most days?
- Have a manageable workload at work?
- Have balance between work and leisure?
- Experience supportive relationships with co-workers?



FINANCIAL WELLNESS



I have enough money to last me the rest of my life, unless I buy something! Jackie Mason (comedian)

Includes a working understanding of current and future financial situations

- Establish realistic financial goals—expand or limit opportunities
- Practice contentment and cut down mindless spending
- Stay out of debt and use credit responsibly when it's needed
- Act like an entrepreneur in generating income and avoiding interruptions in paid work

Looks like:

- Specific & realistic goals
- Step-by-step plans to reach those goals
- Confidence in ability to make a difference in my own life



SOCIAL WELLNESS



The capacity to develop a sense of connection with others and sustain a well-developed support system

Longitudinal Harvard study (80 year) found social connectedness matters.

- Isolation & loneliness are toxic –26% adults age 65 & older risk early death due to subjective feelings of isolation (Connect2Affect.org, 2018)
- 1 out of 5 Americans are lonely



SOCIAL WELLNESS (CONTINUED)

- Social isolation is more than being alone—it is being disconnected from family, friends and community
- How satisfied you are in your relationships at age 50—is a good predictor of health at age 80!
- Quality relationships are protective factors for the brain

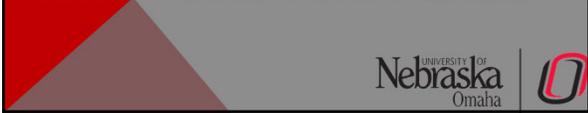
Action strategy to strengthen social wellness:

Make a minimum of one connection each day by calling, e-mailing, or visiting another person



Make the difference today for someone who is fighting for their tomorrow.

Jim Kelly, (Buffalo Bills)



RECOMMENDED READINGS

Allen, David., (2001). *Getting Things Done: The Art of Stress-free Productivity*. Penguin Group: New York.

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Thaler, Richard, H., Sunstein, C. R., (2009). *Nudge: Improving Decisions About Health, Wealth, and Happiness*. Penguin Books: New York



QUESTIONS??



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Vartanian, Lenny, R., Kernan, K. M., Wansink, B., (2016). Clutter, Chaos, and Overconsumption: The Role of Mind-Set in Stressful and Chaotic Food Environments. *Environment and Behavior*. Doi: 10/1177/0013916516628178

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Woolf, S. H., (2018). Failing health of the United States. *BMJ* 2018;360:k496. doi:<https://doi.org/10.1136/bmj.k496>