

Whole Person Wellness

By Kay Van Norman

Whole Person Wellness recognizes each person as a unique individual with needs and opportunities for growth in multiple dimensions of health; physical, social, emotional, spiritual, intellectual, and vocational. The standard approach to health has been reactive, addressing health problems and focusing almost entirely on physical health. *Whole Person Wellness* does not downplay physical needs but instead holds the dimensions of mind and spirit in equally high regard as the body. It places a high priority on prevention, individual involvement, and self responsibility for achieving optimal health in body, mind and spirit.

Whole Person Wellness uses the well documented, *Six Dimensional Wellness Model* (see table 1) as a framework that;

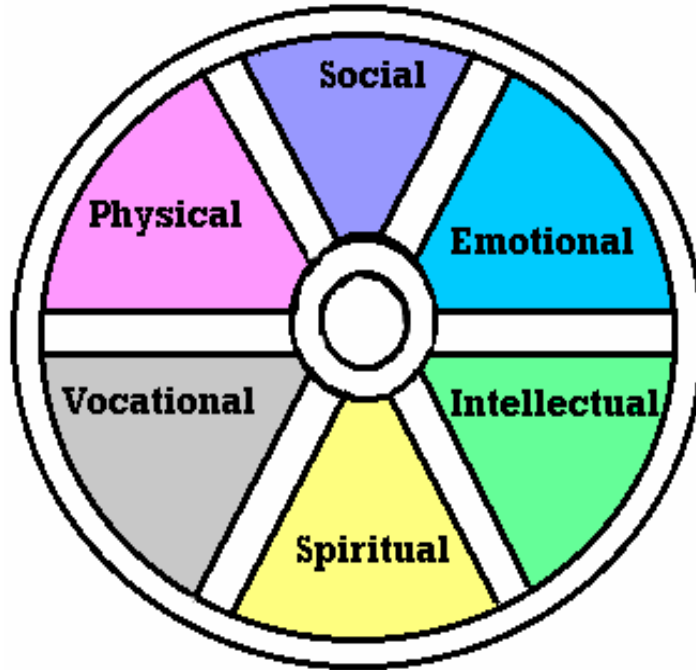
- encompasses all aspects of body –mind-spirit wellness,
- recognizes each individual as a whole person,
- identifies potential for personal growth in multiple areas,
- creates an expectation for self-care and responsibility.

Table 1. The Six Dimensions of Wellness

Category	Components
PHYSICAL: promotes increased knowledge for achieving healthy lifestyle habits and encourages participation in activities contributing to high-level wellness	<ul style="list-style-type: none"> • Fitness • Nutrition and weight control • Healthy lifestyle habits • Health screenings • Appropriate use of the medical system
SOCIAL: emphasizes the creation and maintenance of healthy relationships and encourages positive contributions to the welfare of the community	<ul style="list-style-type: none"> • Respect for self and others • Interaction with others and environment • Creation and maintenance of relationships • Improvement of self-concept
EMOTIONAL: involves the capacity to manage feelings and behaviors and accept yourself unconditionally	<ul style="list-style-type: none"> • Express and recognize feelings • Control stress • Solve problems • Manage success and failure • Recognize self worth and personal expectations
INTELLECTUAL: encourages individuals to expand their knowledge and skill base through a variety of resources and cultural activities	<ul style="list-style-type: none"> • Engage in lifetime learning • Use your mind • Learn and think creatively • Explore new areas
SPIRITUAL: the process of seeking meaning and purpose in human existence	<ul style="list-style-type: none"> • Discovering meaning and purpose in life • Determining/exploring morals, values and ethics • Self-determined, not always religiously based • Seeking feelings of love, hope, abundance
VOCATIONAL: the process of setting and achieving personal and occupational interests and goals through meaningful activities	<ul style="list-style-type: none"> • Recognize abilities • Identify personal mission and goals • Learn new skills, develop new interests

This bulleted outline of the dimensions was developed by Jan Montague, Montague, Eippert & Associates

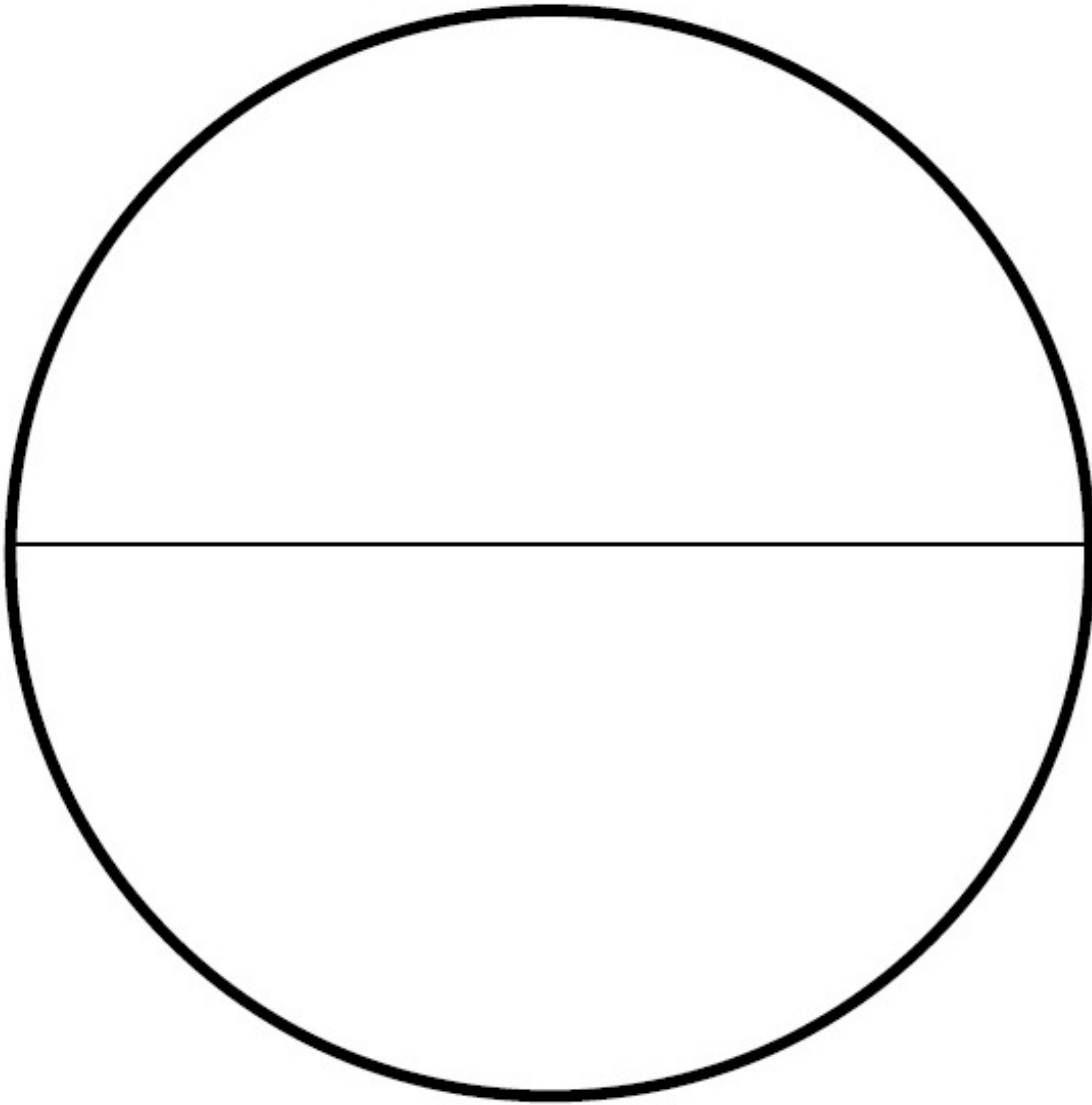
Each dimension of wellness is a “spoke” on your health wheel, ideally carrying its share of the load on your wellness journey.



How do you personally address each dimension of your health.

<i>Dimension</i>	<i>Existing Efforts</i>	<i>Ideas for change</i>
Physical		
Social		
Emotional		
Intellectual		
Spiritual		
Vocational		

Using your chart of existing wellness efforts (above), draw your *personal* wellness wheel by considering each dimension a “spoke” on a wheel.



Significant imbalances in wellness dimensions can make life difficult to manage, like a wheel missing a spoke. What areas of your life need to be addressed to achieve optimal balance?