



Shifting Mindsets, Behaviors, and Practices Through the **ACTIVATION** of Wellness

Presented by Kellie Straub, MBA, CWP, and Suzanne Hunt, MPH, CHC, CWP



The opinions expressed in this webinar are those of the presenter(s). NWI assumes no responsibility for views expressed and statements made by the presenter(s).



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TODAY'S LEARNING OBJECTIVES

- Outline the components of the W.E.L.L. acronym and understand their application to holistic wellness.
- Use evidence-informed resources and tools to enhance multidimensional wellness in self and others.
- Identify key wellness elements (“activators”) that may affect one’s ability to function optimally where they live, work, learn, play, and reflect.
- Understand the important role of self-awareness and self-regulation in developing and activating well-being, leadership, and growth.

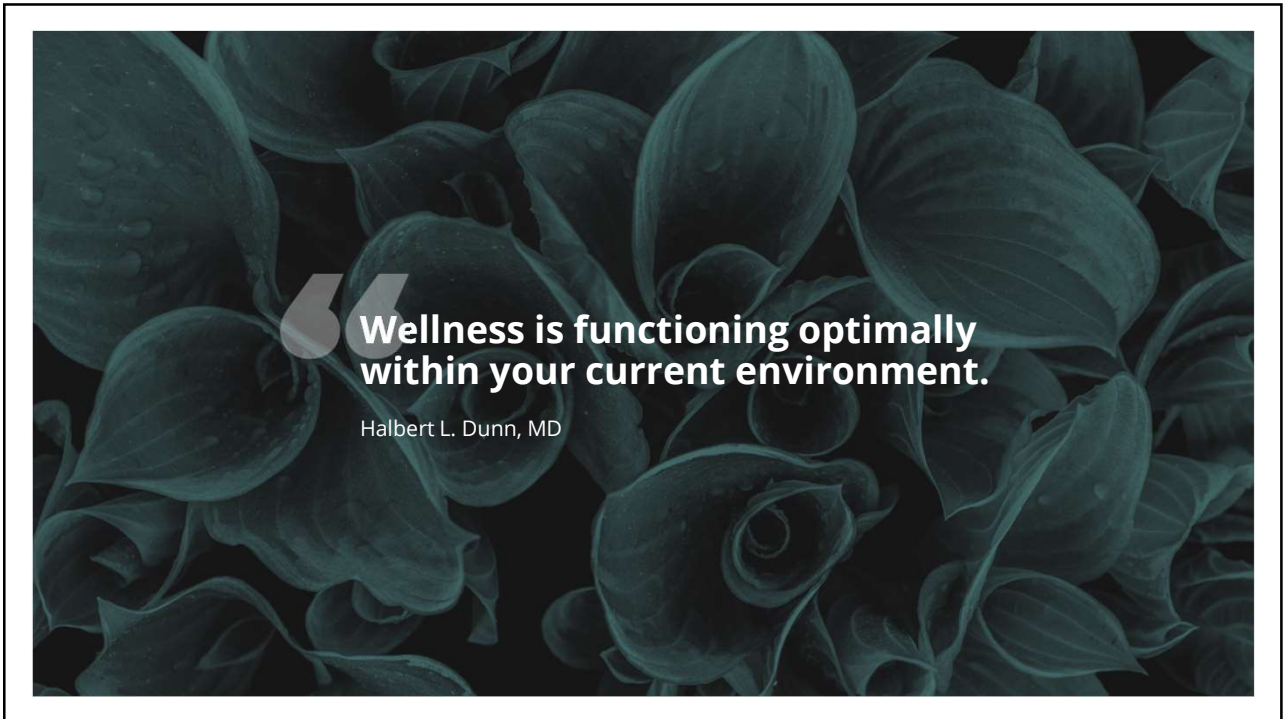
Shifting Mindsets, Behaviors, & Practices



THE SOCIAL ACTIVATION OF WELLNESS REPORT

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WELL

WHOLE PERSON · ENVIRONMENT · LIFESTYLE · LEARNING

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WHOLE PERSON

The **W** in **W.E.L.L.** encourages individuals to focus on the Whole Person, including all aspects of life, and recalling that wellness is multidimensional in nature.

This doesn't necessarily mean working on multiple goals or taking multiple action steps within all dimensions of wellness at one time. In fact, that approach is not recommended, since the human brain is hard-wired to focus on and complete just one task at a time.

What is important in this element is to acknowledge that all dimensions of wellness are connected and interrelated.

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ENVIRONMENT

The **E** in **W.E.L.L.** reminds us that the environment has a significant impact on wellness.

When reflecting on the influence of the environments an individual finds themselves in (*for example, at work, at home, in their community*), it is important to remember the variety of resources, tools, and supporting practices that can be implemented to promote optimal well-being in each environment, along with purposeful changes that could be made to those environments to enhance one's goals, objectives, defined action steps, and outcomes.

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LIFESTYLE

The first **L** in **W.E.L.L.** brings attention to the array of Wellness Activators that define and support one's current lifestyle and help individuals function optimally in their current environment.

Lifestyle is defined as "*the way in which a person lives,*" and, unlike other aspects of life, builds on the choices one makes—meaning individuals can make intentional changes.

When exploring the connection to the Wellness Activators that support a healthy lifestyle, it is important to consider how those Activators relate to each of the Six Dimensions of Wellness.

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LEARNING

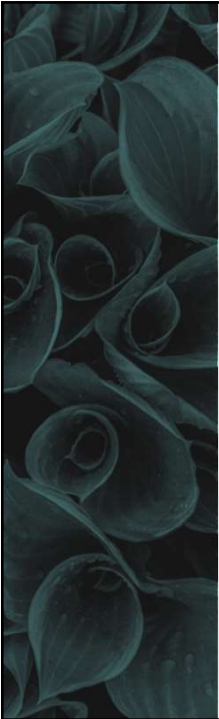
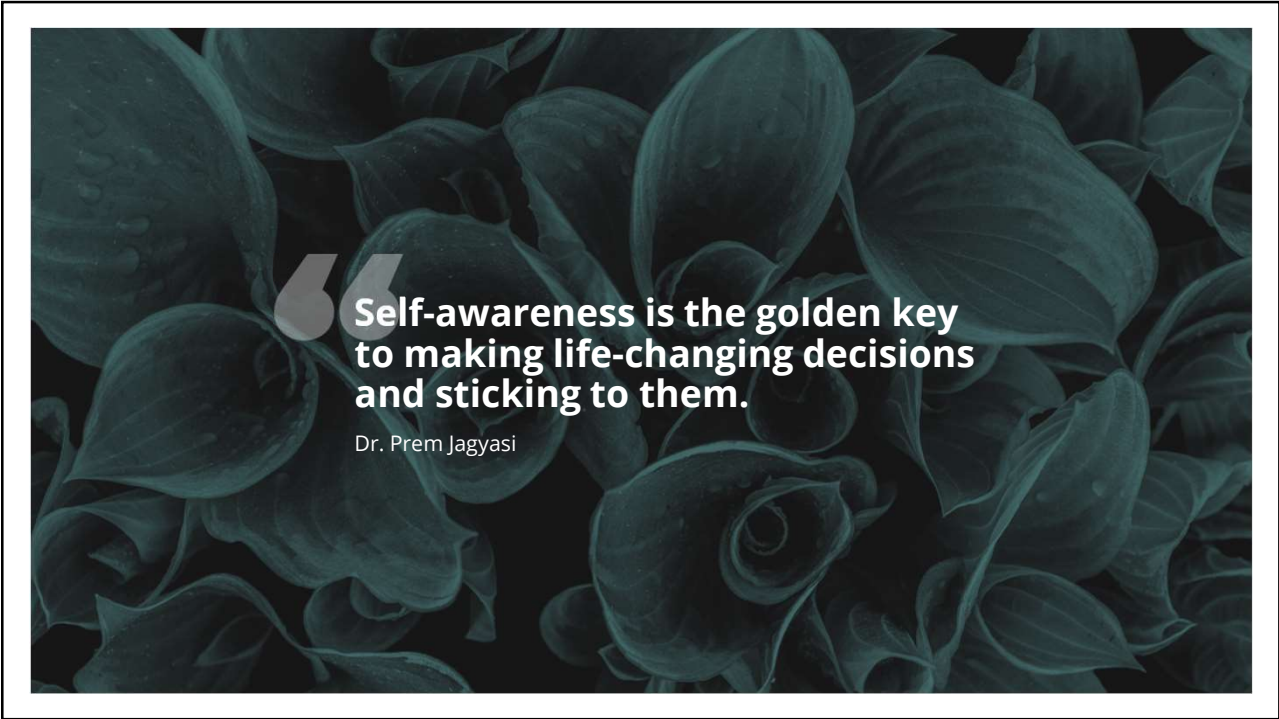
The second **L** in **W.E.L.L.** highlights the importance of learning and the self-awareness gained through thoughtfully considering where an individual is in each of the Six Dimensions of Wellness, their various environments, and the Wellness Activators that support their thriving.

Understanding how this information can be activated to further advance their personal and professional pursuits is instrumental to one's growth, paves the way for setting and achieving purposeful goals, and gives individuals the greatest chance of success in reaching their full potential.


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**The Power of
Self-awareness**



KEY BENEFITS OF SELF-AWARENESS

-  **Increase Emotional Intelligence (EQ)**

Emotional intelligence is the ability to understand and manage our own emotions (SELF-regulation), as well as to recognize and influence the emotions of those around us (SOCIAL-regulation).



KEY BENEFITS OF SELF-AWARENESS



Increase Emotional Intelligence (EQ)



Develop Compassion & Empathy

Compassion and empathy both refer to *“a caring response to someone else’s distress or suffering.”*

- **Empathy** = FEELING another’s pain
- **Compassion** = TAKING ACTION to relieve that pain

- **Empathy** = reflexive and impulsive
- **Compassion** = deliberate and thoughtful



KEY BENEFITS OF SELF-AWARENESS



Increase Emotional Intelligence (EQ)



Develop Compassion & Empathy




Enhance Communication

Communication is the very essence of life. Developing strong communication skills helps us in all aspects of our personal and professional lives.



KEY BENEFITS OF SELF-AWARENESS

 **Increase Emotional Intelligence (EQ)**

 **Develop Compassion & Empathy**

 **Enhance Communication**

 **Redirect Attention & Actions**

Redirection is a classic strategy to promote positive behavior change, give corrective feedback, and demonstrate acceptable behaviors.



KEY BENEFITS OF SELF-AWARENESS

Additional benefits include:

 **Identify & Manage Stress Effectively**

 **Face Challenges Head-on**

 **Grow the Ability to Self-regulate**

 **Propel Forward into Positive Action**

WHAT IS YOUR IKIGAI?

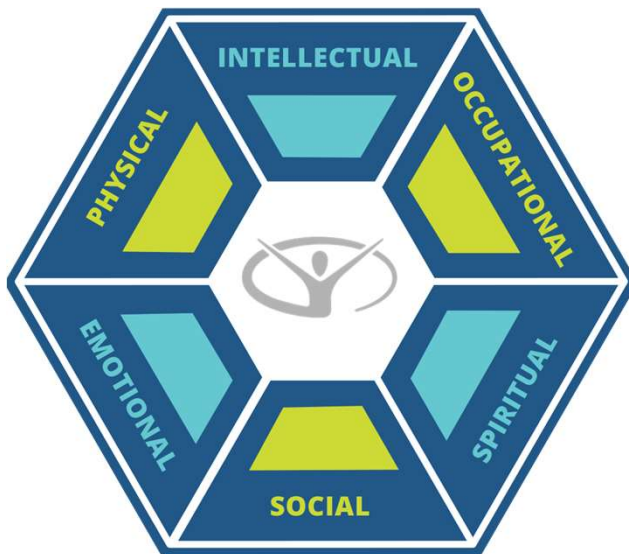


Iki = "alive, life"

Gai = "benefit, worth"

Ikigai is one's reason for living or being.

It is a motivating force, something that gives one a sense of purpose.



**NWI's
Six Dimensions
of Wellness**

Applying the Six Dimensions of Wellness

Applying the Six Dimensions of Wellness model of each dimension and how they contribute to it:

- How one can develop and direct self-awareness
- How one can develop their belief systems, identity, and values
- How one can benefit from regular physical activity
- How one can enrich life through work and relationships
- How one can use creativity and stimulating experiences
- How one can enhance their environment by making it more supportive
- How one can positively contribute to their community

NWI also developed three questions to help individuals assess their degree to which they are successfully incorporating these dimensions:

- Q1: Does this help individuals achieve their full potential?
- Q2: Does this recognize and address multiple dimensions?
- Q3: Does this affirm and mobilize an individual's strengths?

Applying a multidimensional wellness approach in healthy human endeavor. As a pathway to a variety of associated fields, including health professions, including coaching, counseling, and education.

Mindfully focusing on wellness built to thrive amidst life's inevitable pressures.

When we are well-developed in all six dimensions, we are able to thrive amidst life's inevitable pressures. Those who are well-developed in all six dimensions, they are able to thrive amidst life's inevitable pressures. Those who are well-developed in all six dimensions, they are able to thrive amidst life's inevitable pressures.

What is INTELLECTUAL WELLNESS?

Intellectual wellness brings awareness to one's personal growth, and the sharing of ideas, and actively engaging in one's thinking, challenges, and experiences, identify a path forward and best use of one's talents and gifts.

Those who are well-developed in intellectual wellness, they are able to thrive amidst life's inevitable pressures. Those who are well-developed in intellectual wellness, they are able to thrive amidst life's inevitable pressures.

Intellectual Wellness follows these guidelines:

- It is better to stretch and challenge oneself than to become complacent and stagnant.
- It is better to identify potential than to ignore it.

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Defining & Assessing Wellness: Self-assessment

Emotional Wellness

The awareness and acceptance of one's capacity to manage behaviors related to emotions.

Emotional Wellness Self-assessment

Considering where you are in your life right now, indicate your level of agreement with each statement listed below:

- 1 = Almost Never
- 2 = Barely
- 3 = Sometimes
- 4 = Often
- 5 = Almost Always

Recognizing both my strengths and my weaknesses, I love and accept myself as I am.

• My agreement score = _____

When experiencing strong emotions, I have the ability to express how I am feeling.

• My agreement score = _____

In the midst of life's challenges, I am able to focus on the positive aspects of the situation.

• My agreement score = _____

I proactively seek help and support from others when experiencing difficulties.

• My agreement score = _____

I regularly engage in mindfulness practices and stress-reduction activities.

• My agreement score = _____

I intentionally practice gratitude every day.

• My agreement score = _____

On a scale of 1 (low) and 10 (high), how would you rate your overall satisfaction with where you are in this dimension? _____

Personal Notes & Reflections:

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My Personal Action Plan

W = WHOLE PERSON

Which dimensions are I most proud of?

Which dimensions require my focus?

Which dimension will I focus on next?

What do I specifically want to improve?

How might the changes I choose to make impact my life?

What challenges do I foresee as I move forward?

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My Personal Action Plan

The time for action is now. It is yours to take.

Toward the goal of enabling people to function at their best, a unique W.E.L.L. framework to help evaluate well-being.

W.E.L.L. PLAN

W = WHOLE PERSON

The W encourages individuals to focus on the fact that wellness is multidimensional in nature. This multiple action steps within all dimensions of well-being to acknowledge that all dimensions of wellness are interconnected.

E = ENVIRONMENT

The E reminds us that the environment has a significant influence on an individual's health. When we reflect, it is important to utilize and implement changes that can promote optimal well-being to enhance our lives.

L = LIFESTYLE

The first L brings attention to the array of Wellness that we live our lives in. It is important to consider where we are in our current or future lifestyle—can positively or adversely impact our well-being.

L = LEARNING

The second L highlights the importance of learning and growth. It is important to consider where we are in our current or future learning—can positively or adversely impact our well-being.

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Six Dimensions of Wellness

Intellectual, Physical, Occupational, Emotional, Social, Spiritual

The National Wellness Institute's **SIX DIMENSIONS OF WELLNESS** Self-reflection & W.E.L.L. Plan

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Personal Wellness Rating

Identify and circle the number in each triangle below that indicates your current level of personal satisfaction with that dimension of wellness. The higher the number, the happier and more fulfilled you feel. As you complete this exercise, it is important to take your time, reflect, and be honest with yourself. Select a score that applies to your overall contentment right now versus where you desire to be, and that takes into consideration the various personal and professional aspects of your life. Once you have identified a score for all six dimensions, draw a line from your score in one triangle to the next, until you have formed a new hexagon. This can help you identify key areas of focus.

Scale: 1 = low satisfaction, 10 = high satisfaction

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My Personal W.E.L.L. Plan

"Well done is better than well said." - Benjamin Franklin

E = ENVIRONMENT

Where do I thrive? What about this environment helps me thrive?

Where do I NOT thrive? What about this environment is difficult for me?

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Self-reflection & W.E.L.L. Plan

Personal Wellness Rating

Identify and circle the number in each triangle below that indicates your current level of personal satisfaction with that dimension of wellness. The higher the number, the happier and more fulfilled you feel. As you complete this exercise, it is important to take your time, reflect, and be honest with yourself. Select a score that applies to your overall contentment right now versus where you desire to be, and that takes into consideration the various personal and professional aspects of your life. Once you have identified a score for all six dimensions, draw a line from your score in one triangle to the next, until you have formed a new hexagon. This can help you identify key areas of focus.

Scale: 1 = low satisfaction, 10 = high satisfaction

Action Changes Things!

With your scores identified, you can begin to see which dimensions require attention and can start taking immediate and thoughtful actions to begin improving your scores. You can use the following pages to gain a better understanding of each dimension, self-reflect, and begin the process of creating a personal wellness improvement plan. As you do, remember that all six dimensions are connected and interrelated; changes in one dimension will impact all areas of your life.

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Personal Self-reflection

Considering your score for this dimension, use the space below to identify why you gave yourself the score you did. What are you doing well? What could you be doing better? What are your goals?

What would you like to improve?

What achievable actions can you take?

Action Step #1:

Action Step #2:

My Personal W.E.L.L. Plan

"Well done is better than well said." - Benjamin Franklin

E = ENVIRONMENT

Where do I thrive? What about this environment helps me thrive?

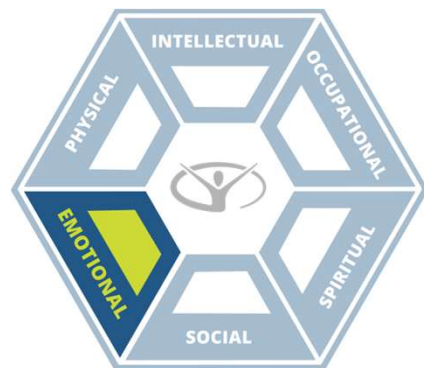
Where do I NOT thrive? What about this environment is difficult for me?

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EMOTIONAL WELLNESS

The awareness and acceptance of one's feelings and the capacity to manage behaviors related to one's emotional state.

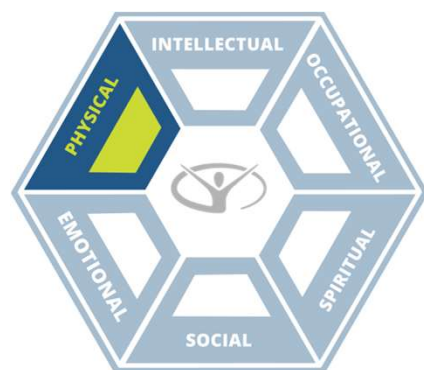


In this dimension, it is important to be aware of and accept one's own feelings, consider the feelings of others, develop autonomy, take an optimistic approach to life, and develop the ability to self-regulate in response to stress.

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PHYSICAL WELLNESS

The consistent prioritization of physical self-care and the engagement in a variety of health-enriching behaviors.

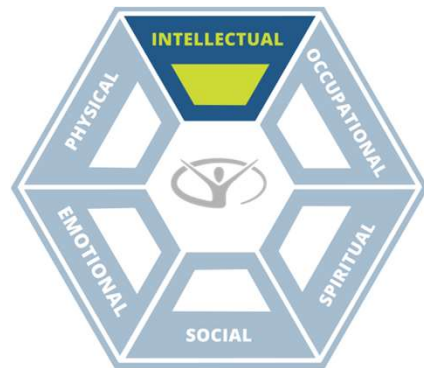


This dimension emphasizes the importance of staying physically fit, consuming nutritious foods, prioritizing rest and relaxation, and seeking out appropriate care from trusted medical and wellness professionals when necessary.

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INTELLECTUAL WELLNESS

The creative, stimulating activities that lead to learning, personal growth, and the sharing of one's unique gifts with others.

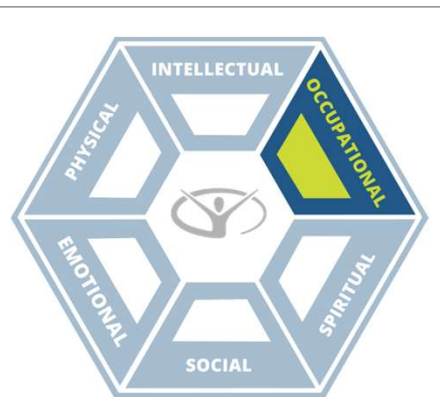


Individuals are encouraged to stretch their thinking, challenge their minds with mental and creative pursuits, learn from their experiences, identify potential problems & choose appropriate courses of action after careful analysis.

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OCCUPATIONAL WELLNESS

The personal satisfaction and enrichment one receives in life through their employment, academic, or volunteer work.

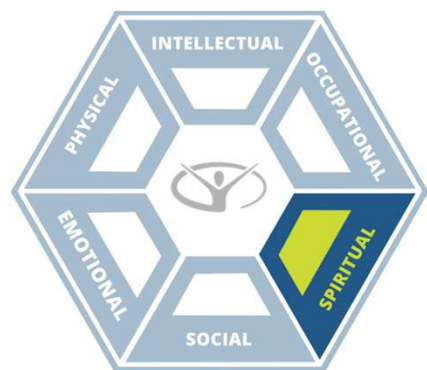


This dimension highlights the importance of seeking out opportunities that align with one's values and interests. Individuals are encouraged to develop interchangeable skills through networking and engagement activities.

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SPIRITUAL WELLNESS

The development of an appreciation for the depth and expanse of life and natural forces that exist in the universe.

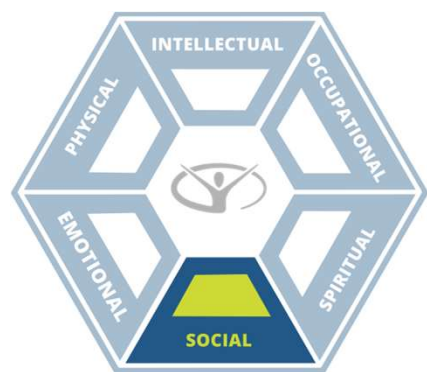


In this dimension, it is important to ponder one's purpose, to be open to the ideologies of others, and to live each day in a way that is consistent with one's values and beliefs.

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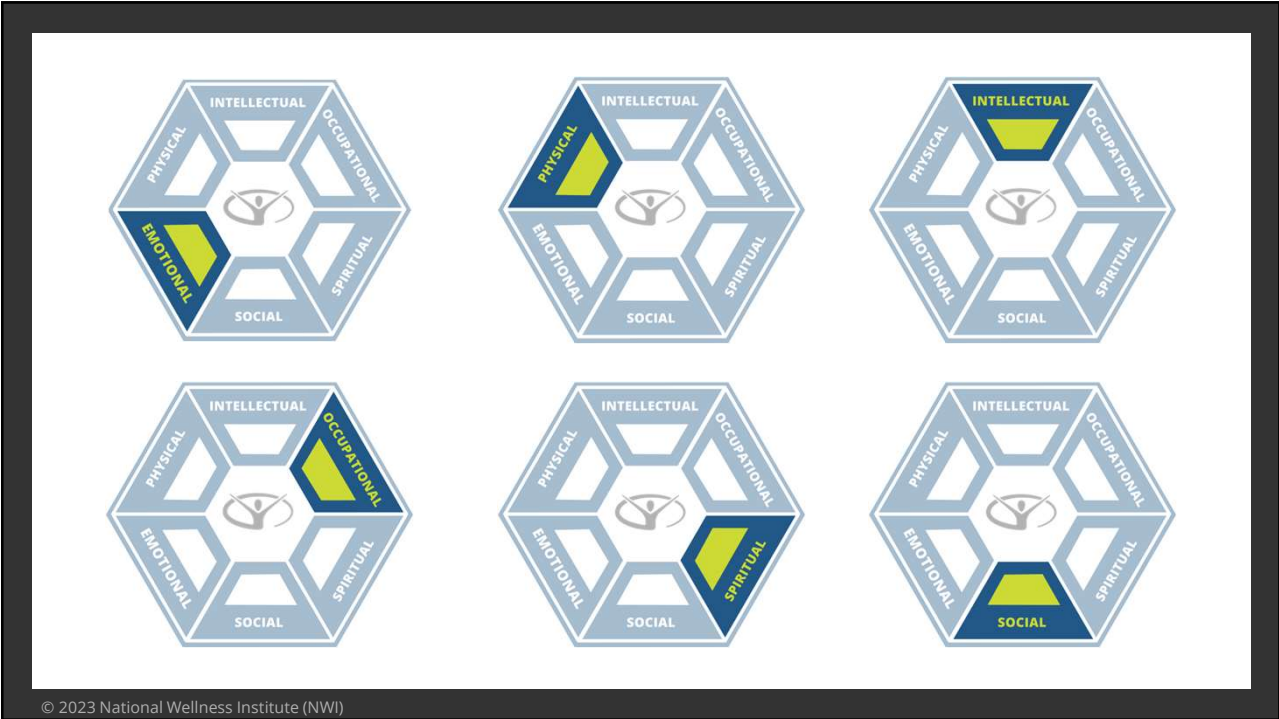
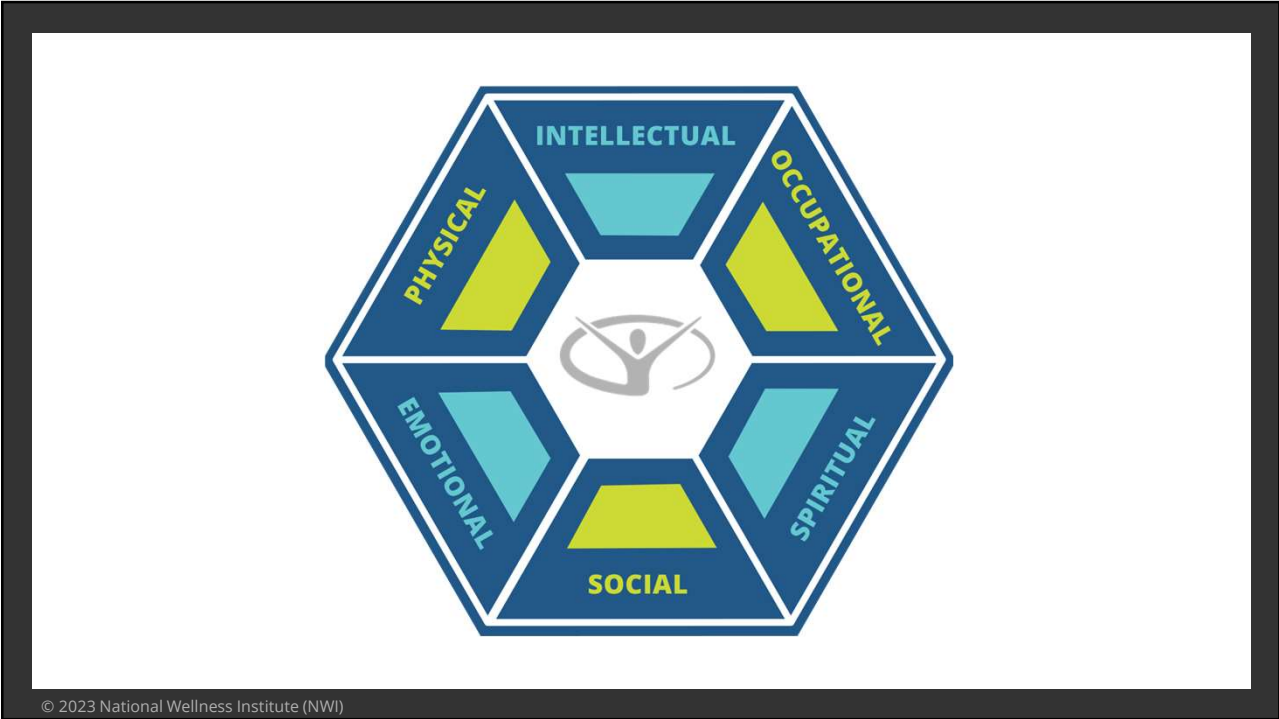
SOCIAL WELLNESS

The contribution to one's environment and community with an emphasis on the interdependence between others and nature.



It is important for individuals to live in harmony with others, maintain a healthy respect for the environment, and make a positive impact by connecting with others while activating wellness where they live, work, learn, play, and reflect.

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THE SOCIAL ACTIVATION OF WELLNESS

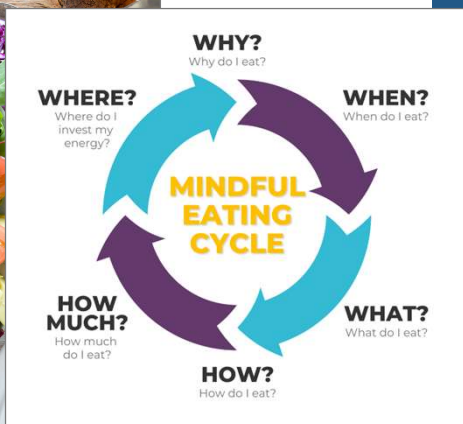
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Breath

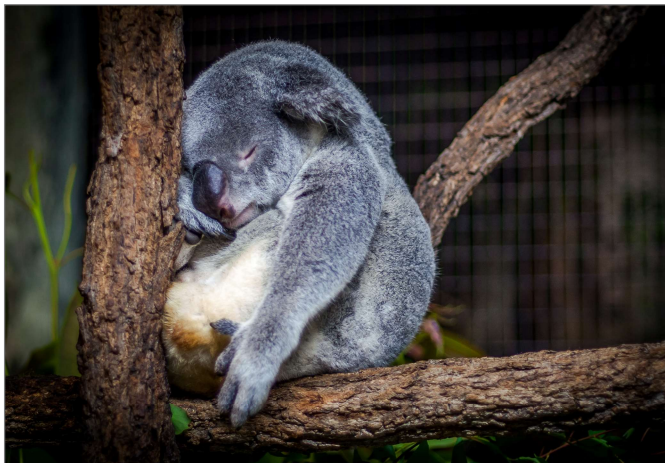


Nutrition





Sleep



Security



*To BE safer, we need to decrease actual threats and increase actual resources.
To FEEL safer, we need to stop inflating threats and start recognizing all our resources.
Then we don't have to be afraid of not being afraid.*

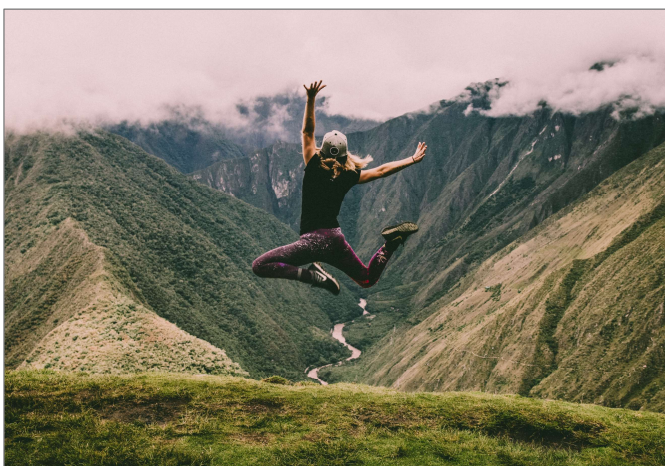
~ Dr. Rick Hanson



Connection



Nature

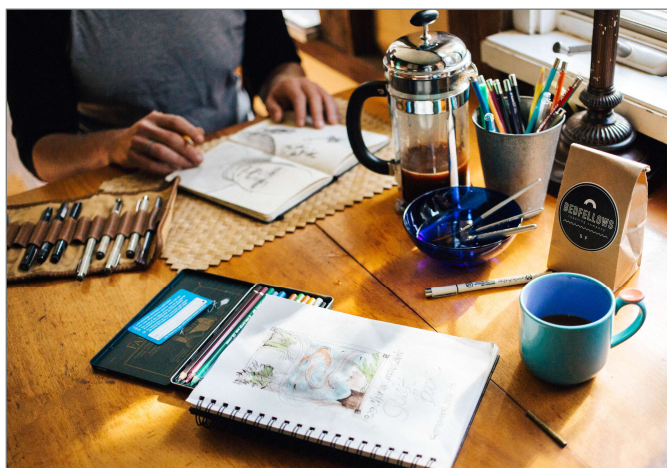


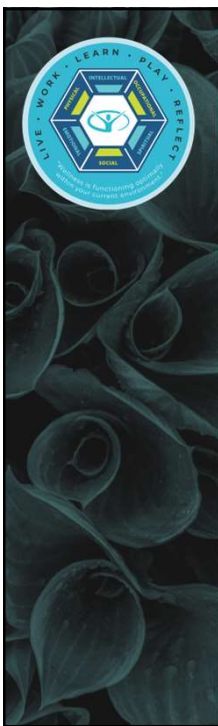


Movement

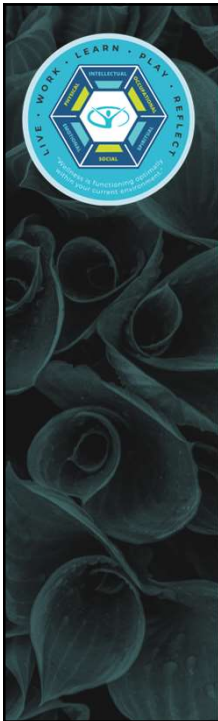


Creativity

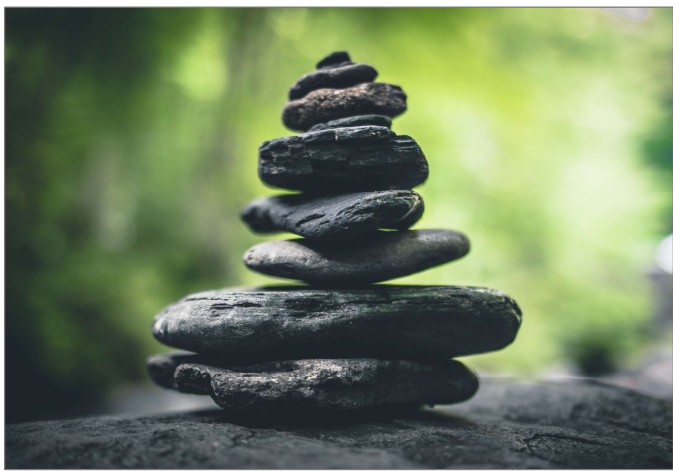


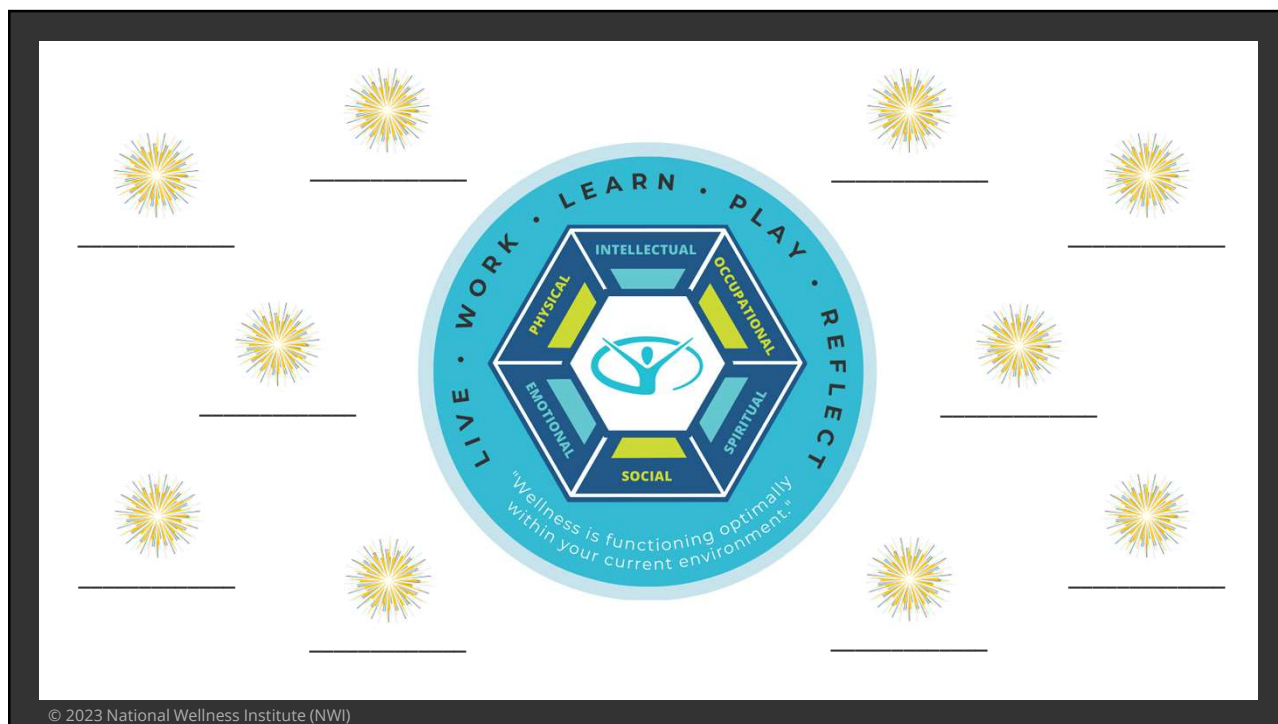


Purpose



Authenticity





21-DAY WELL CHALLENGE

It's **FREE!**

REGISTER, SHARE with a friend, and **COMPLETE** the challenge!!
Scan the QR Code or visit NationalWellness.org/challenge

WHOLE PERSON · ENVIRONMENT · LIFESTYLE · LEARNING



THANK YOU!



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