

# Aging Well

Using The 8 Dimensions of Wellness to Increase  
Happiness and Well-Being



# Wellness

What is wellness?



# Definitions of Wellness

## The National Wellness Institute & The International Council on Active Aging:

- Wellness is a conscious, self-directed and evolving process of achieving full potential.
- Wellness is multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.
- Wellness is positive and affirming.
- Wellness is our ability to understand, accept, and act upon our capacity to lead a purpose-filled and engaged life.



# Why is Wellness Important?



- Over the past 100 years we have added an additional 30+ years to life expectancy.  
International Council on Active Aging
- The challenge now is to ensure quality of life during ALL our years.
- Mindfully focusing on wellness in our lives builds resilience and enables us to thrive amidst life's challenges and joys.

# Wellness: A Holistic Approach to Health



- To achieve optimal wellness, one must have a balance within each dimension of wellness
- Each dimension has an impact on the other, and ultimately our entire overall well-being.
- Every individual has their own unique balance to these areas.

# 8 Dimensions of Wellness



Physical Health



Intellectual Health



Emotional Health



Occupational Health



Environmental Health



Social Health



Financial Health



Spiritual Health



## Physical Health

- Physical health impacted by our lifestyle choices.
  - How active we are.
  - How healthy we choose to eat.
  - How much sleep we get.
  - How we're able to manage stress.
  - Limiting our consumption of alcohol.
  - Making sure we're seeing our doctors as needed.
  - Avoiding smoking.
- These are all choices we make for ourselves.





## Physical Health

The ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress.

Lifestyle choices that can maintain or improve health and functional ability include:

- Engaging in physical activity
- Choosing healthy foods with adequate nutrition
- Getting adequate sleep
- Managing stress
- Limiting alcohol intake, not smoking
- Making appointments for check-ups and following health care team recommendations





# Physical Health: Tips and Facts



- There are few things you can do that have a **more profound effect** on more bodily systems than exercise.
- "If we had a pill that contained all of the benefits of exercise, it would be the most widely prescribed drug in the world."  
Ronald M. Davis, M.D., AMA President.
- Physical activity prevents or controls the most common chronic diseases (for example, diabetes and heart disease) AND enables people to function independently.

# Components of Physical Activity

## Elements to include in a physical activity program

- >150 minutes a week, cardiovascular exercise
- 2-3 times a week strength training
- Flexibility, balance, and agility



# Other Important Components of Physical Health



## Nutrition

- Balanced diet, full of nutrient-dense food (hint: lots of vegetables!)
- Decrease added sugars, preservatives
- Proper hydration

## Sleep

- Quality (develop good sleep hygiene & routines)
- Quantity (7-9 hours per night)

# Physical Wellness Resources

- [Exercise Guide](#) National Institute on Aging
- [Build a Healthy Eating Routine as You Get Older](#) USDA
- [Healthy Meal Planning](#) National Institute on Aging
- [NOURISH Step](#) GWAAR
- [Sleep and Older Adults: How to Get a Good Night's Sleep](#) National Institute on Aging
- [4-Week Plan to Better Sleep](#) American Heart Association
- [WIHA Programs](#)





## Emotional Health

- The ability to understand ourselves.
- The ability to acknowledge and share feelings of anger, fear, sadness, hope, love, joy, and more.
- Coping with challenges and behaving in trustworthy and respectful ways signal emotional wellness.



# Emotional Wellness: Tips and Facts

- Happiness is an important component to maintaining health.
- The mind-body connection goes deeper than many people realize, and a troubled mind can contribute to health problems.



# Emotional Wellness: Tips and Facts

“We know that up to 80% of visits to primary care doctors are due to conditions that are caused or exacerbated by unmanaged stress,” Psychiatrist Dr. Francoise Adan, director of the Connor Integrative Health Network of University Hospitals in Cleveland.

“Being happy doesn’t just make us feel better, it improves our health. It helps us eat healthier, be more active and sleep better.” American Heart Association



# Emotional Wellness: Tips and Facts

- Depression is a common mental disorder affecting more than 264 million people worldwide.
- Depression is a leading cause of disability around the world and contributes greatly to the global burden of disease.
- The effects of depression can be long-lasting or recurrent and can dramatically affect a person's ability to function and live a rewarding life. World Health Organization
- Study participants who said they had more positive views about aging lived an average **7.5 years longer** (and had a higher quality of life) than those with negative perceptions of aging. Yale University





# Emotional Wellness: Tips and Facts

Programs that support this dimension can have a profound effect on the lives of many adults;

- Exercise
- Mind-body exercise classes
- Spa services
- Stress management workshops or counseling
- Behavioral modification classes or counseling
- Humor workshops
- Music therapy
- Support groups and social events



# Emotional Wellness Resources

- [Mental Health](#) Center for Disease Control and Prevention
- [How Right Now](#) Center for Disease Control and Prevention
- [Healthy Mind Institute](#) at the University of Wisconsin, Madison.





## Environmental Health



- The ability to recognize our own responsibility for the quality of the air, the water, and the land that surrounds us.
- The ability to make a positive impact on the quality of our environment, be it our homes, communities, work places, or the planet.

# Environmental Wellness: Tips and Facts

Spend time in an area that promotes health and well-being and is comfortable and positive for you:

- Active transportation (walking, biking, etc.)
- Having good soil to grow fresh foods
- Being free of toxins and waste
- Having greenery to promote and encourage spending time outdoors safely



# Environmental Wellness Resources

- [U.S. Department of Health and Human Services.](#)





## Financial Health

- Financial wellness is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes.
- Maintaining that balance consists of being comfortable with where your money comes from and where it is going.



# Financial Wellness: Tips and Facts

Here are 10 basic steps toward financial wellness:

1. **Take a class.** Learn basic financial management and read financial publications on investing and savings. Talk to a counselor if you need extra help with financial issues.
2. **Stick to a budget.** This may mean focusing on long-term stability, rather than short-term fun.
3. **Pay off debt.** Commit to paying bills on time, every month.
4. **Invest in yourself.** Invest in your future.
5. **Plan purchases.** Large purchases must be planned wisely.
6. **Look for a deal.** Sometimes the best deal is no purchases at all.
7. **Plan for the unexpected.** Put away money for an emergency.
8. **Know your credit score.** Establish a history of good credit, and you'll get the best rate if/when you need to borrow money.
9. **Build goals.** Set goals for yourself when it comes to saving and paying down debt.
10. **Review progress.** Every 6 months, look at your debt and savings. Reassess your plans and goals.

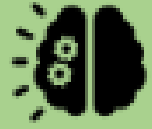


# Financial Wellness Resources

- [Avoid scams and fraud](#). National Council on Aging
- [Free Estate Planning](#) FreeWill
- [Advanced Care Planning](#) National Institute on Aging







## Intellectual Health

- The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.
- The desire to learn new concept, improve skills, and seek challenges in pursuit of lifelong learning.



# Intellectual Wellness: Tips and Facts



Engaging in creative pursuits and intellectually stimulating activities is a proven approach to keeping minds alert and interested.

There are many ways to stay intellectually active, including:

- Taking college courses
- Journaling
- Painting or joining a theater company
- Challenging oneself with games and puzzles
- Reading new books regularly
- Gaining financial literacy



## Occupational Health

- The ability to get personal fulfillment from our jobs or our chosen career fields, as well as volunteer activities, while still maintaining balance in our lives.
- Our desire to contribute in our activities – in order to make a positive impact on the organizations we work in, community we live in, and the society as a whole.
- Helping others



# Occupational Health: Tips and Facts



- Explore a variety of career or volunteer options
- Create a vision for your future
- Choose activities that suit your personality, interests, and talents
- Be open to change and learn new skills

# Occupational Wellness: Examples

- Pursuing ongoing awareness of values, strengths, and passions through purposeful reflection
- Expressing values, strengths, and passions through work and service to the world
- Continuously learning new skills and seeking challenges that lead to personal growth and a better world
- Continually assessing life priorities to maintain balance, including cultivating the ability to say “no” to some opportunities
- Understanding that listening for and following vocational calling is a lifelong process



## Social Health

- The ability to relate to and connect with other people in our world.
- Our ability to establish and maintain positive relationships with family, friends and co-workers.
- Personal contact by joining clubs, traveling, visiting friends and family or neighbors, writing letters, phone calls, or “zoom”



# Social Health: Tips and Facts

Through research, we know that the negative health consequences of social isolation include

- impaired mental performance
- compromised immune system
- heightened risk of chronic disease & depression

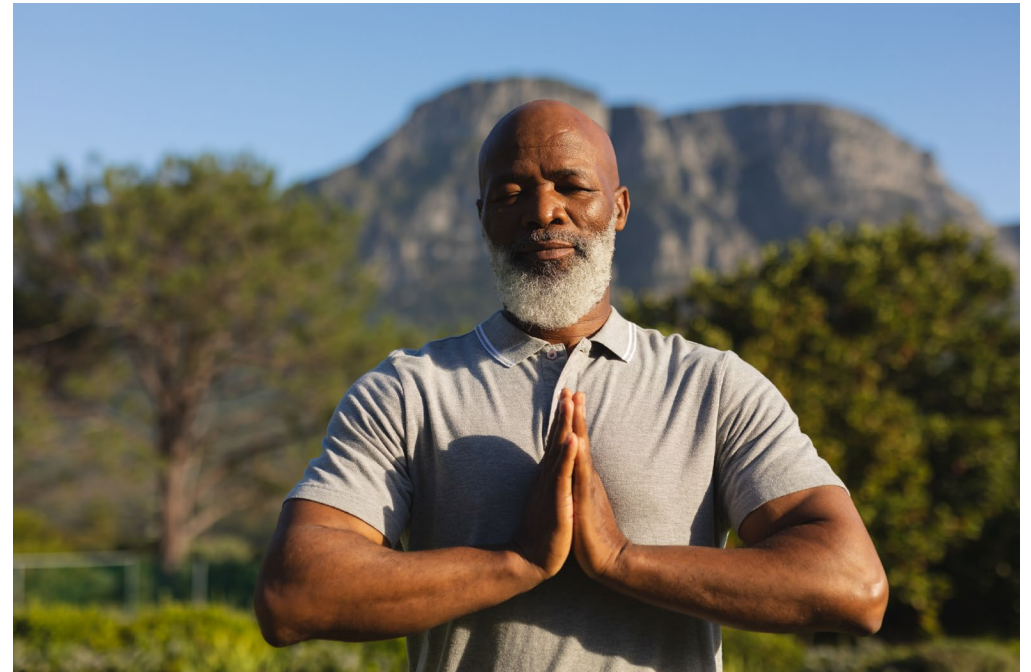
The health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day! National Council on Aging

- People who maintain their social network and support systems do better under stress.
- A strong social network can create a good mood and enhance self-esteem.



## Spiritual Health

- Living with meaning and purpose in life, guided by personal values, is key to feelings of well-being and connection to the larger world.
- The ability to develop congruency between values and actions and to realize a common purpose that binds creation together.





# What can Spiritual Wellness activities look like?

Activities that can create the opportunity for spiritual growth may include:

- Group and individual faith-based activities
- Personal meditation and/or prayer
- Mindful exercise (yoga, tai chi)
- Experiencing nature, reflecting on sights and sounds



# Are you Balancing the Dimensions of Wellness?



Take this on-line quiz to see how you are doing

WIHA Healthy Aging Assessment based on 8 dimensions:

- <https://wihealthyaging.org/age-well>

Another assessment based on 7 dimensions:

- <https://abbotsolutionsinc.com/7dimensionsofwellness/>

# Additional Resources

- Healthy Aging Programs: [www.wihealthyaging.org](http://www.wihealthyaging.org)
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (4357)
- Certified Nutrition Coach Directories
  - <https://nanp.org/find-a-practitioner/>
  - <https://www.precisionnutrition.com/certified-coach-directory>
- International Council on Active Aging: <https://www.icaa.cc/activeagingandwellness/wellness.htm>
- National Council on Aging: [www.ncoa.org](http://www.ncoa.org)



# Feedback

- <https://wiha.wufoo.com/forms/wd5ewvd1ifc54f/>
- Share your thoughts & enter to win a t-shirt!



# Q&A

Thank you!

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# Next for Age Well Series

• May 23 10:30-11:30am

## Age Well Series WEBINAR

### Staying Active to Prevent Falls

Presented by:



#### Speakers

 **Alex Wagner & Karla Bock**  
UW Health Sports Medicine  
Fitness Center

 **Ian Connors**  
SSM Health

 **Suzanne Morley**  
Wisconsin Institute for Healthy  
Aging

Register @  
[bit.ly/4cUv9Zp](https://bit.ly/4cUv9Zp)  
or scan QR code




Attend and complete the webinar evaluation  
and be entered to win a set of pickleball  
racquets courtesy of Firefly Real Estate!



#### About Webinar

Hear from experts about the relationship between falls prevention and physical activity, ways to minimize injury while exercising and playing sports such as pickleball, and the importance of staying active.

10:30am - 11:30am 

May 23, 2024 



More Information:  
[FallsFreeWI.org](https://FallsFreeWI.org)

