

# Saint John's LifeStreams Wellness Program

**People who nurture the totality of their being through the six dimensions of wellness improve the quality of their lives while avoiding illness and injury.**

**Saint John's models our LifeStreams Wellness Program on Dr. Bill Hettler's nationally recognized Six Dimensions of Wellness.**



## **Emotional**

Involves the capacity to manage feelings and behaviors, recognize and express feelings, control stress, problem solve, and manage success and failure.

## **Intellectual**

Encourages individuals to expand their knowledge and skill through a variety of resources and cultural activities.

## **Occupational (Vocational)**

Emphasizes the process of determining and achieving personal and occupational interests through meaningful activities, including lifespan occupations, learning new skills, volunteering and developing new interests or hobbies.

## **Physical**

Promotes involvement in physical activities for cardiovascular endurance, muscular strengthening, and flexibility. Advocates healthy lifestyle habits, encourages personal safety, and appropriate use of the health care system.

## **Spiritual**

Includes seeking meaning and purpose, demonstrating values through behaviors, such as meditation, prayer, and contemplation of life/death, as well as appreciating beauty, nature and life.

## **Social**

Emphasizes creating and maintaining healthy relationships by talking, sharing interests, and actively participating in social events.

**Attend to your well-being for a long and healthy life!**