



EFR EMPLOYEE & FAMILY RESOURCES

The Building Blocks to Wellness



Many aspects of life play into overall well-being. The Employee & Family Resources Wellness Pyramid shows the different wellness needs that have to be met in order to reach optimal well-being. Though each dimension is separate in the pyramid, it is important to keep in mind that all dimensions are interrelated.

EMOTIONAL

Your emotional needs play a large role and are a foundation for total well-being. To achieve emotional wellness it is important to recognize and understand your emotions. When you are able to understand why you are feeling a certain way you have more control of your reactions. This helps you learn and grow in decision making.

SPIRITUAL /PHYSICAL/SOCIAL

Spirituality is your personal set of beliefs and values that help you find meaning and purpose.

Though spiritual wellness can be based on a religious view it may also be based on values, ethics, and morals that you use as guidelines to live by.

Physical wellness is the dimension most often discussed when talking about wellness. Being active and eating nutrient rich foods is often what people

associate with a healthy lifestyle. It is important to keep in mind that physical health is only one dimension, and when there is too much emphasis on any one dimension, other areas of well-being fall short.

Social wellness is reflective of the types of interpersonal relationships we build and maintain. Being connected to others and finding common ground can provide you with the support you need in good times and during periods of stress.

INTELLECTUAL/OCCUPATIONAL

Intellectual wellness promotes learning, which encourages mindfulness and increased self-awareness. Learning can be both formal and informal and helps keep your mind sharp.

Occupational wellness relates to job opportunities and enrichment leading to occupational enjoyment and satisfaction. The connection between intellectual and occupational wellness is based on learning and growing.

FINANCIAL/ENVIRONMENTAL

Money is one of life's biggest stressors and can greatly impact all other dimensions of wellness. Learning how to manage financial expenses successfully will increase your ability to handle unexpected financial stressors in the future.

Environmental wellness is living in and creating a healthy environment which respects natural resources and other species resulting in a more balanced life. It also includes being aware of and connected to your surroundings for optimal safety.

All of these dimensions, when at their healthiest state, create an optimal level of health and a higher quality of life. Increased wellness in one dimension often directly impacts the other. To learn more about the dimensions of wellness and ways to improve, [click here](#).





WELLNESS

Fit February

Who said you could only set fitness goals on January 1st? Keep on keepin' on by completing the Fit February challenges!

Click [here](#) to download the February Monthly Motivator

EFR Announces the release of a new Podcast!



The Emotion Well podcast will cover a variety of topics related to emotional well-being. Episode 1 features Susie Roberts, the Nutrition Services Director for Community Health Partners, a community-based organization focused on achieving outstanding results for patients, clients, families, and communities. In this episode, Susie answers the many questions floating around regarding those choices, diet fads, and explains the difference between eating disorders and disordered eating. Listen to the Emotion Well Podcast [here](#) or find our podcast in Apple Podcast and Google Play in the coming weeks!

Stay up to date with EFR in 2020!



Follow EFR on social media to find out when we release new podcast episodes, new blogs, and find great wellness tips as an added bonus!



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