

# Life Enriching Communities

## Way of Wellness

### Resolutions

Wellness is the active pursuit of activities, choices, and lifestyles that lead to holistic health and optimal function within your current environment. A resolution is the firm decision to do or not do something. Make the new year your time to achieve one wellness resolution from each Way of Wellness:



#### **Physical:**

The physical way of wellness includes a well-balanced diet, exercise, and sleep, which leads to reduced risk of illness, and maintaining our highest degree of independence. Physical wellness involves keeping your body active and nourished in a way that is accessible and enjoyable.



#### **Emotional:**

The emotional way of wellness represents the importance of maintaining balance in life, managing stress levels, and finding joy and fulfillment every day. Emotional wellness involves identifying and responding to the feelings of yourself and others.



#### **Vocational:**

The vocational way of wellness is the satisfaction and fulfillment that comes from offering, developing, and exercising one's skills and talents in any activity. Vocational wellness involves occupational, career, community, and domestic duties that enhance everyone's daily life.



#### **Spiritual:**

The spiritual way of wellness focuses on being connected to something greater than yourself and adhering to values that guide your actions. Spiritual wellness can mean different things to different people, such as experiencing a sense of peace and calm through meditation or finding joy and purpose through religious expression.



#### **Intellectual:**

The intellectual way of wellness involves engaging in creative pursuits and intellectually stimulating activities to keep minds alert and interested. Intellectual wellness involves learning, problem-solving, and challenging yourself.



#### **Social:**

The social way of wellness is the ability to relate to and connect with friends, family, and strangers. Social wellness involves communicating with others near and far, which has proven benefits to mental health and memory.

Fill out the following New Year's Resolution to have a plan for a great start to 2025!

# New Year's Resolutions

Way of Wellness

Resolutions



**Physical**

Notes:



**Emotional**

Notes:



**Vocational**

Notes:



**Spiritual**

Notes:



**Intellectual**

Notes:



**Social**

Notes: