



SAN MATEO-
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SCHOOL DISTRICT

Dimensions of Wellness

What is Wellness???

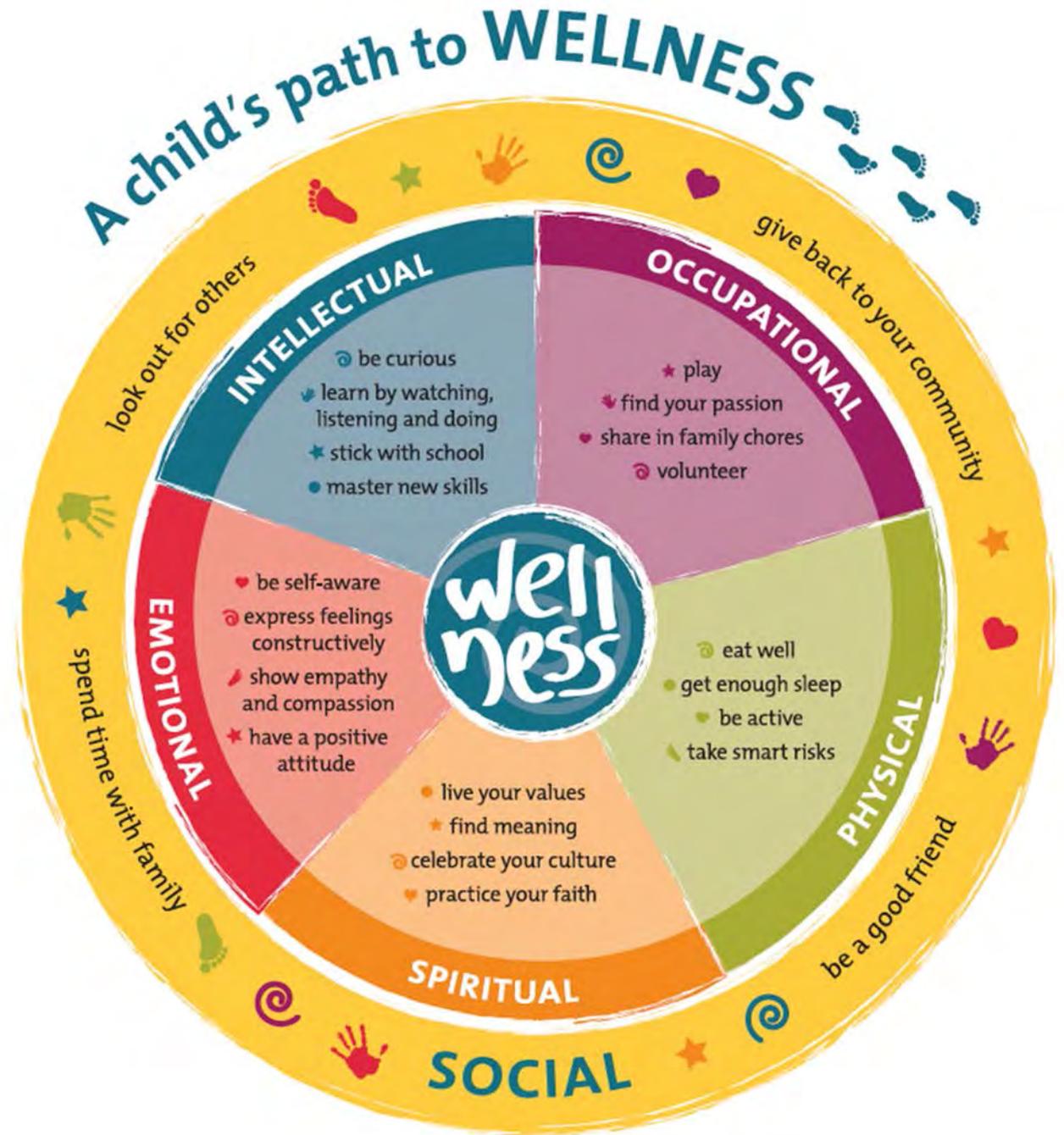




Wellness is balancing different parts of our lives and who we are so that we can be the best people we can be.

Aspects of Who We Are:

- Social
- Emotional
- Intellectual
- Physical
- Spiritual
- Occupational



The Social Dimension of Wellness

How we connect, communicate, and get along with the people around us.



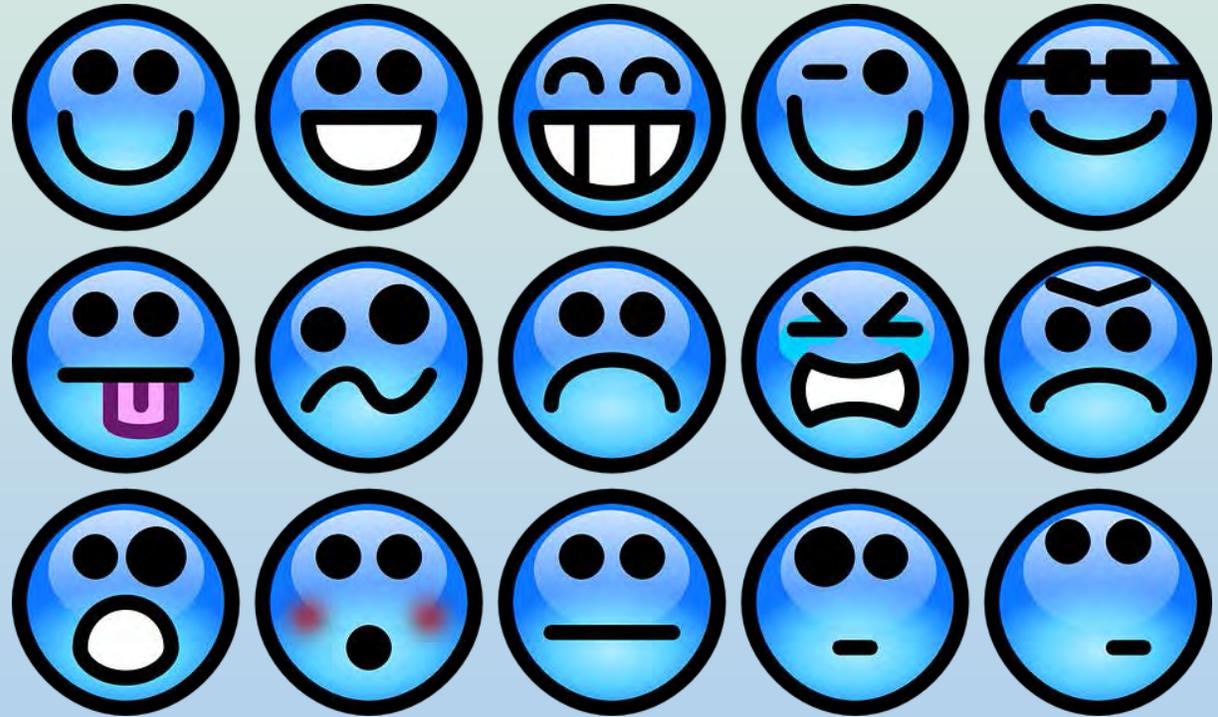
The Social Dimension of Wellness

- Be a good friend
- Spend time with family
- Give back to your community
- Look out for others
- Build strong relationships



The Emotional Dimension of Wellness

Our attitudes, emotions, self-awareness, and understanding of the feelings of others.



The Emotional Dimension of Wellness

- Get to know yourself and be self-aware
- Express feelings constructively
- Show compassion and empathy to others
- Have a positive attitude



What if today, we were just grateful for everything?

The Intellectual Dimension of Wellness

- *Being open to new ideas and experiences so we can continue growing as a person and learning our whole lives.*
- *Creativity, curiosity, critical thinking*



The Intellectual Dimension of Wellness

- Be curious
- Learn by watching, listening, and doing
- Stick with school
- Master new skills
- Exercise your brain



The Occupational Dimension of Wellness

*Doing the things
that are
meaningful and
fulfilling to you.*



The Occupational Dimension of Wellness

- Play
- Find your passion
- Share in family chores
- Volunteer



The Physical Dimension of Wellness

Your overall health and what you do to help yourself be healthy.



The Physical Dimension of Wellness

- Eat well
- Get enough sleep
- Play outside
- Make good choices and take smart risks
- Take care of your body
- Walk or roll to school



The Spiritual Dimension of Wellness

Discovering the values, meaning, and purpose in your life.



The Spiritual Dimension of Wellness

- Do good in the world
- Do things that make you happy
- Celebrate your culture
- Practice your beliefs



***“What is one thing you have done
this past week for your own
wellness?”***

***“What is one thing you will do for
your wellness this week?”***