Wellness Model of Health

**Physical** - Nutrition, Sleep, Physical Fitness, Disease Prevention, Health Promotion, medical care, Sexuality

**Mental** - Mental Stimulation, Cognition, Adult Conversation, Reading, Hobbies, etc.

**Emotional** - Self Esteem, Caring, Loving, Close Relationships

**Social** - Communication, Contact with others, Getting out and having fun!!

**Spiritual** - A sense of Direction and Purpose in Life, Spiritual Devotions, A connectedness to a greater good. Examples are church, synagogue, journaling, meditation, volunteer work.

**Environmental** - What is around you. As global as taking an active role in preserving the “wilderness” Or as local as getting a house keeper

*Thich Nhat Hahn poem:*

Breathing in I calm myself
Breathing out I smile
Dwelling in the present moment
I know this is a wonderful moment

*Meditation:*

Just 100 minutes/week (15 minutes a day) can prevent, decrease, or heal symptoms of burnout
“Embrace the suck!”
- 2019 PA Graduate

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