



8 Dimensions of Wellness:

Trillium Woods encourages each resident to incorporate as many of the **8 Dimensions of Wellness** in each of their activities.

Below is a brief description of each dimension. The Goal is to do your best to incorporate activities that encompass as many of these dimensions as possible into your weekly schedule. This will help you to meet your own personal wellness goals and help you live your life to the fullest.

Emotional: To feel at peace inside and out, a person must establish and maintain a positive relationship with themselves and with others.

Intellectual: Promotes life-long learning and encourages residents to explore new intellectual interests.

Environmental: Creating a healthy environment can be approached from a personal and an ecological standpoint.

Social: Create an environment where residents can comfortably establish lasting friendships and maintain courteous relationships with other community members.

Health Services: It is essential to promote disease prevention and detection, as well as residents' peace-of-mind and independence.

Vocational: Encourage residents to tap into existing knowledge, discover new interests, or refine forgotten skills to remain active members of their community.

Spiritual: Spirituality allows people to make sense of the everyday, find peace and security during times of struggle, and remain confident in their decisions.

Physical: Remaining active, establishing a healthy diet, and avoiding harmful habits are key to not only preventing disease, but also to maintaining and improving health—even as a person ages.

Each week we will make available a weekly Activities Sheet that will list all the events, excursions, and opportunities for you to participate in our programming at Trillium Woods and The Birches. On the Activity & Social Weekly Reminder Sheet that will be made available to you each activity will have stars by them that indicate the potential number of dimensions that each activity may offer. The more variety of activities you participate in that cover all the dimensions the better! Events, activities and excursions that incorporate these dimensions will be offered at both Trillium Woods and The Birches Health Center.

An Example of this:

10AM Nature Walk with Fellow Residents & Guide Naturalist Larry

Wade****

This event would have the following Stars by it because it potentially encompasses 5 dimensions of wellness:

*Environmental, *Social, *Spiritual, *Physical, *Intellectual