The word “wellness” is generally defined as the process and end state of a quest for maximum human functioning that involves mind, body, and spirit. There are seven dimensions of wellness: social, vocational, intellectual, environmental, emotional, spiritual, and physical. So, what does this mean for you? Visualize a wellness wheel that is divided into seven pieces, and each is the same size—like pieces of a pie. Each part is important. To have high levels of wellness, you have to look at each dimension as it relates to your own life. Your version of “wellness” is not going to look like anyone else’s!

1 Social Wellness
Social wellness is an integral part of wellness throughout the lifespan. It refers to your ability to interact with the people around you. Social wellness involves using good communication skills, having meaningful relationships, respecting yourself as well as others, and creating a support system that includes family members and friends. It also means contributing to your community and giving back to it, which in turn offers a sense of belonging and pride.

2 Vocational Wellness
Vocational wellness refers to the level of satisfaction and balance you get from your job. It involves making the best use of your skills and experience, adding purpose and happiness in your life. Your attitude about work is a large component of vocational wellness. Achieving high levels of vocational wellness allows you to experience satisfaction and pleasure with your employment, even through times of stress and uncertainty. No matter what your age, starting out in any job can be difficult, but making the best of your working situation will decrease your stress level and make your life easier.

3 Intellectual Wellness
Intellectual wellness is not a prize to be won after a long race. It is more of a lifetime goal. When you think of an intellectually healthy person, you should see someone who:

- is open to new ideas and can weigh the pros and cons of a situation;
- seeks personal growth by learning new skills;
- develops good financial, health, and relationship decision-making abilities;
- searches for lifelong learning opportunities and stimulating mental activities; and
- looks for ways to use their creativity.

Intellectually well people are also curious and interested in their communities as well as the world around them. One great result of being intellectually well is that you’re often sought after at parties just because you’re interesting to talk to!

4 Environmental Wellness
Environmental wellness is the “active process of defining your relationship with the environment, ranging from your immediate surroundings to the world around you.”

5 Spiritual Wellness
Spiritual well-being is an integral part of a balanced approach to the well-lived life. What do you think of when you hear the word “spiritual?” An association with a group of people? Maybe the pope? A set of values and beliefs that guide your life decisions? It’s important to keep in mind that spiritual wellness isn’t the same as religion or a religious affiliation. Spirituality is a personal matter involving values and beliefs that provide a purpose in our lives. Religion is spirituality with a connection to a group of people or particular doctrine. Spirituality and religion are not the same; however, there is a connection between the two. Without spirituality, religion loses its meaning, while religion can help strengthen spirituality.

6 Emotional Wellness
When thinking about emotional health and wellness, stress is what comes to mind for most people. However, being emotionally well is more than just handling stress. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Sometimes stress in one area of life can cause stress in another aspect. Often referred to as “work-family interference,” a stressful situation at work can spill over into your family life at home.

7 Physical Wellness
The physical dimension of wellness is what most people think of when they hear the term “wellness.” Physical wellness involves aspects of life that are necessary to keep yourself in top condition, from adequate amounts of exercise, to proper nutrition, to getting enough sleep. The key to physical wellness is balancing physical needs with the rest of life’s demands. Remember, it’s how you take care of yourself now that will determine how gracefully you continue to age. Are you getting enough sleep? Are you a smoker? There is plenty on the physical side of wellness that you can do to ensure a long and healthy life!
OMELET

Measure: Ingredients:
12 egg whites
1 yellow bell pepper
½ cup shredded fat-free cheddar cheese
2 Tbsp plant-sterol margarine
½ cup onion, chopped
½ cup red pepper, chopped
½ cup green pepper, chopped
½ cup vegetarian Canadian-style “bacon,” chopped
½ cup spinach, chopped

Preparation:
Roast yellow pepper until blackened. Cool in a glass bowl covered with a dinner plate. Let the pepper steam and cool for 30 minutes. (Do not use a plastic or paper plate as these contain recycled compounds that can be harmful.) Remove seeds, stem and blackened skin. Place in a food processor and blend until smooth.

In a mixing bowl, combine yellow pepper puree, egg whites and cheddar cheese.

In a medium sauté pan, coated with no-stick cooking spray, sauté onions, red and green peppers, “bacon” and spinach. Cool. Add to egg mixture and thoroughly mix.

In an omelet pan on medium to high heat, melt one tablespoon margarine and add ¼ of the egg mixture. Prepare omelet by lifting sides to cook evenly. Flip and fold omelet in pan. Slide omelet off pan onto a warmed plate. Keep warm until other omelets are prepared. Prepare remaining 3 omelets in same fashion, adding more margarine if necessary.

Number of Servings: 4

Nutrition Analysis: Calories 181, Fat 5g (Sat. 1g), Cholesterol 2mg, Protein 23g, Sodium 681mg, Carbohydrate 11g

“POM” SMOOTHIE

Ingredients
½ cup pomegranate juice
½ cup plain fat-free yogurt
½ banana
¼ cup whey protein
1 Splenda packet
Ice chips

Directions
Combine all ingredients in a blender. Blend until smooth. Serve chilled.

Nutrition
Calories 248, Fat 0, Cholesterol 13mg, Sodium 174mg, Carbohydrate 40g, Sugars 36g, Protein 22g

Number of Servings: 1