



Eight Ways to Wellness

Discover the Dimensions for a Healthier You

Program Description

At UW-Extension, we know that being “well” is more than eating healthy and getting exercise. In fact, wellness is often categorized into several interconnected dimensions. This 8-session interactive series explores each of the Substance Abuse and Mental Health Services Administration’s (SAMHSA) 8 Dimensions of Wellness and provides strategies and resources to create harmony and well-being within each.

Program Objectives and Outcomes

Emotional Well-Being: In this session, participants will:

- Understand how stress affects emotional wellness
- Understand how resiliency contributes to emotional wellness
- Learn new strategies to promote emotional health

Environmental Well-Being: In this session, participants will:

- Recognize how their environment influences their well-being
- Identify ways to improve their environment in order to enhance their well-being

Financial Well-Being: In this session, participants will:

- Understand how their financial behavior impacts overall well-being
- Identify their personal values related to their financial behaviors
- Learn strategies and resources to improve their financial well-being

Intellectual Well-Being: In this session, participants will:

- Understand intellectual wellness
- Assess their own creative abilities

Physical Well-Being: In this session, participants will:

- Understand the six areas of physical wellness
- Identify one to two areas of physical health they want to improve
- Set a specific goal in at least one area of physical wellness

Social Well-Being: In this session, participants will:

- Learn how to build self-awareness of their preferences to social connection
- Recognize and acknowledge their perceptions, vulnerability, and readiness for social connection
- Learn and practice skills to effectively communicate to connect

Spiritual Well-Being: In this session, participants will:

- Understand how beliefs and values contribute to good health
- Understand that connection to community strengthens well-being
- Identify at least one activity that supports a spiritual practice

Occupational Well-Being: In this session, participants will:

- Understand how aligning their work with values, talents, gifts, and knowledge contributes to wellness.
- Learn ways to cultivate a healthy work environment
- Identify strategies and resources to help balance work and leisure

Program Developers

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Program Contact

Are you a community leader interested in learning more about the 8 Dimensions of Wellness, how they interact with one another, and how they affect health?

Contact Katie Jaegly, Health & Well-Being Educator, at 920-232-1979 or katie.jaegly@wisc.edu to schedule an “Eight Ways to Wellness for Leaders” presentation for your group.