

## **Transcript for Wellness in 8 Dimensions Podcast**

Recorded by Ralph Elwell and Pat Nemeč

Announcer: Thank you for visiting the University of Illinois at Chicago's Health & Recovery Solutions Suite. The following recording comes to you from the UIC Center on Integrated Health Care and Self-Directed Recovery. Visit our online Solutions Suite to obtain free tools that promote health, self-direction, and employment for the behavioral health field.

RE: Hello. My name is Ralph Elwell. I'm here today with Pat Nemeč to talk about the booklet called *Wellness in 8 Dimensions*, which is available from the UIC Solutions Suite.

RE: Thank you for joining me today, Pat. Please tell our listeners about this tool and how a person can use it to strengthen their personal wellness.

PN: I'll be happy to. This booklet was developed by Peggy Swarbrick and Jay Yudof at Collaborative Support Programs of New Jersey. It's designed as a self-guided tool to help people think about their own wellness, based on Dr. Swarbrick's 8 dimensional wellness model. This model shows that wellness has many aspects, and they all intersect.

RE: What do you mean by "wellness?"

PN: In this booklet, according to Dr. Peggy Swarbrick, wellness is defined as a conscious, deliberate process whereby we become aware of and make choices for a more satisfying lifestyle. When using the booklet, you're reminded of your strengths by becoming aware of the many choices you make each day. It also emphasizes the importance of personal responsibility. So, the idea is that wellness comes from what you do – from the daily habits and routines that contribute to you feeling well. By looking at the 8 wellness dimensions, you can be reminded of what you already do each day and consider areas you want to strengthen, improve, or change.

RE: What are the 8 dimensions?

PN: The dimensions described in our booklet are Spiritual, Emotional, Occupational, Social, Physical, Environmental, Financial, and Intellectual. In addition to the description of each dimension, the booklet includes a worksheet where you can list the things you are already doing, the things you would like to do, and the supports you need for whatever changes you want to make in each dimension.

PN: As part of the worksheet, you can list any strengths you have in a specific dimension. You also can use a checklist to think about what you are already doing. For each dimension, there is a list of activities that someone might do for wellness in that area. For example, under emotional wellness, some things a person might do include walking to deal with stress and reading the comics to keep a sense of humor.

RE: How does a person use the booklet?

PN: The booklet is set up so that you can fill out the worksheets for each dimension, one after the other. The booklet can help you think carefully about what you are doing in each dimension, so it might take a few days or weeks to go all the way through it. It can be used as a self-guided tool or you can share the booklet with family, friends, and other supporters.

PN: It is also possible to design a group around using the booklet, such as meeting for a few weeks and going through one or two dimensions each week.

PN: Ideally, people will use the booklet to remind them of what they are already doing, and then think about the things they want to strengthen, change, or improve. Included with the booklet is a *Wellness Daily Plan*. This plan contains a chart to record what you do each day. You can use to keep track of the wellness activities that you plan to do in a given week.

RE: What other tips do you have for our listeners?

PN: *Wellness in 8 Dimensions* is 28 pages long, and prints out as a half-sheet booklet, folded in the middle. The booklet is best printed double-sided. The 8-dimension diagram is in color, but the booklet can be printed in black and white. Once you print it, it is easy to follow along. You don't need any special knowledge or experience. All you need to get started is a pen or pencil.

PN: The *Wellness Daily Plan* is five pages long. There are two pages for tracking your activities in each of the 8 dimensions, and another three pages with descriptions of each dimension and sample action steps. The *Plan* prints in color, but works fine when printed in black and white. You just need to print it to get started listing the things you do each day. While the *Plan* has spaces for only one week, you can make several copies of the two-page plan to track your progress over a longer period of time.

RE: Thank you for your time today. We are happy to offer *Wellness in 8 Dimensions* as part of our Solutions Suite.

Announcer: Thank you for listening. You can obtain additional Solutions Suite recordings, or download a transcript, by visiting the Center's web site.