

Reimagining Your Sense of Identity through Life's Transitions

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Our time together...

Ask questions

Learning environment

Let's have fun!



How would you answer these questions?

What do you do?

Who are you?



Why are we talking about this?

- Our entire life is huge transition!
- We 'chunk' our lives based on events
- Our identity is sometimes based on outside

Definitions

Reimagining

- rethink - imagine something different - new - recreate

Transitions

- a change or shift from one state, subject, place to to another

Definitions

Identity

- the fact of being who or what a person or thing is
- the set of qualities and beliefs that make one person or group different from others

Transitions

Kindergarten

13th birthday - 16th birthday - 18th birthday - 21st birthday

Graduation

Job/College

Married/Divorced

Kids/Grandkids

Death

Transitions + Health & Wellness

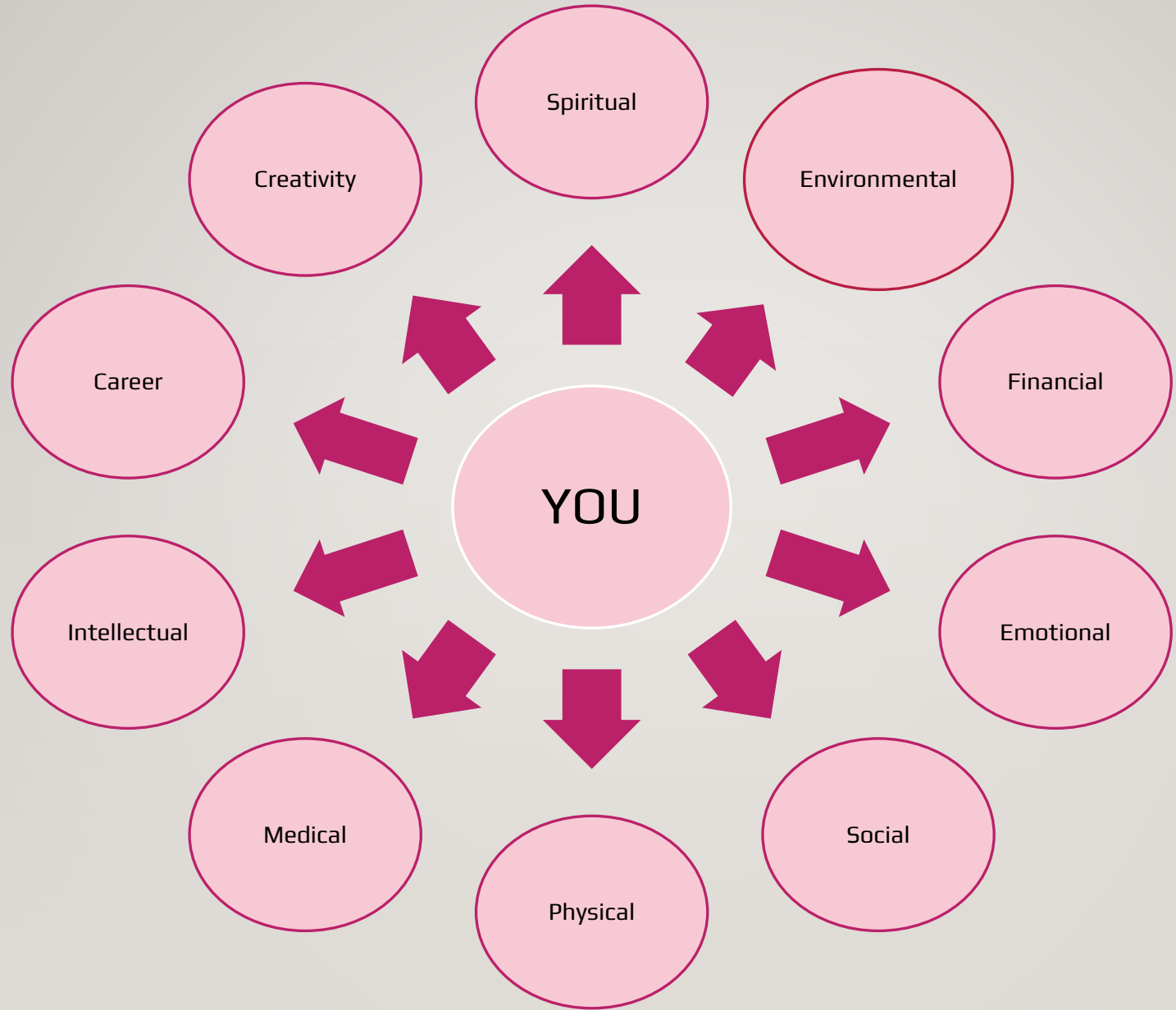
Transitioning impacts our health...

HOW??????



History & Definitions

- The Wellness Model
 - Dr. Swarbrick
 - Late 80s
- Gina's extra
- Wellness
 - Being aware of ourselves as whole people
 - Conscious, deliberate process of being aware of and making choices for a more satisfying lifestyle
- Health
 - State of being free from illness or injury
 - State of complete physical, mental and social well-being



SOCIAL HEALTH & WELLNESS



- Definition
 - Connecting with others
 - Satisfying and healthy relationships
- Demonstrated
 - Network of support
 - Deal with conflict
 - Social issues in your community

- impacts your health +
 - Longer life
 - Better memory
 - Better sleep
- impacts your health –
 - Isolation
 - Burden of cares

EMOTIONAL HEALTH & WELLNESS



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- Definition
 - Ability to control your thoughts, feelings, and behaviors
 - Coping
 - Demonstrated
 - Self-awareness
 - Self-acceptance
 - Coping skills
 - Integrity
 - impacts your health +
 - Lower blood pressure
 - Better blood sugar levels
 - impacts your health -
 - Weakens your body's immune system
 - Insomnia, extreme tiredness

ENVIRONMENTAL HEALTH & WELLNESS



- Definition
 - Your natural and built environment
- Demonstrated
 - Safe inside your home
 - Safe outside your home
- impacts your health +
 - Less fears
 - Feel welcome
 - Enjoyment
- impacts your health –
 - Increased exposure to toxins
 - No sidewalks, less walking
 - Partner abuse
 - Fear, Isolation
 - Over-working

SPIRITUAL HEALTH & WELLNESS



- Definition
 - Being connected to something greater than yourself; sense of purpose, meaning to life
- Demonstrated
 - Making our decision and choices easier
 - Sense of being grounded
- impacts your health +
 - Being adaptable
 - Being resilient
 - Higher volunteering/community engagement
- impacts your health –
 - Worse physical and emotional health

MEDICAL HEALTH & WELLNESS



- Definition
 - Your medical history, current numbers, prescriptions
- Impacts of health +
 - The more you know, the more you can plan for
- Demonstrated
 - Regular check-ups
 - Regular blood panels
- Impacts of health –
 - Primary prevention, Secondary prevention
 - Tertiary

PHYSICAL HEALTH & WELLNESS



- Definition
 - Activity (strength, flexibility, endurance), nutrition, diet, rest, sleep, alcohol (limited amount)
- Demonstrated
 - Well-rested, taking a walk, eating healthy
- impact your health +
 - Feel good
- impact your health –
 - Sluggish, low energy
 - Low(er) work/productivity
 - Disengaged

CREATIVE HEALTH & WELLNESS



- Definition

Expressing your feelings, thoughts in a way which you don't in your regular day

- Demonstrated

Feeling free, connected, relaxed

- impact your health +
 - happy
 - new connections, interactions
- impact your health –
 - emptiness
 - not enough time

FINANCIAL HEALTH & WELLNESS



- Definition
 - Ability to manage your money
 - Understand debt, credit score
 - Savings, emergency fund
- Demonstrated
 - Bills are paid, on time
 - Savings
- impact your health +
 - Purchase what is needed and wanted (possibly)
- impact your health –
 - Stress
 - Juggling

INTELLECTUAL HEALTH & WELLNESS



- Definition
 - Ability to expand one's knowledge, improve one's skills
- Demonstrated
 - Ability to hear other perspectives
 - Active listening
 - Trying new things
- impact your health +
 - Less bored
 - More connections
- impact your health –
 - Isolated
 - Status quo

VOCATIONAL HEALTH & WELLNESS



- Definition
 - Personal satisfaction from one's work; stimulation; growth
- Demonstrated
 - Engaged
 - Free to express thoughts
 - Happy to come to work
- Impact your health +
 - Matches your values
 - Voice in your day – leads to positivity
- Impact your health –
 - YUCK

Questions?

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