



**TAKE CHARGE!**

**A Workbook to Enhance**

**Well-Being With the Eight**

**Dimensions of Wellness**

PRA  Well-Being



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# INTRODUCTION

## Acknowledgments

***Take Charge!: A Workbook to Enhance Well-Being With the Eight Dimensions of Wellness*** was developed as a tool to help individuals, including those with behavioral health conditions, reflect on and develop well-being and recovery action plans based on the **Eight Dimensions of Wellness**.<sup>1</sup>

***Take Charge!*** was created to significantly enhance and expand on the popular *Recovery and Wellness Lifestyle—A Self-Help Guide*—developed by Mary Ellen Copeland, M.S., M.A., for the Substance Abuse and Mental Health Services Administration (SAMHSA) in 2002—through the application of the **Eight Dimensions of Wellness**, offering increased utility and applicability for individuals with behavioral health conditions.

***Take Charge!*** was developed by a comprehensive team of experts. Policy Research Associates, Inc. (PRA) would like to thank the following authors:

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## Foreword

Every aspect of your life, including the places you live, the people you connect with, and the ways you spend your time, can affect how you feel. Many people feel that life is not how they want it to be. You are not alone. If you are concerned about your mental health, well-being, or the overall quality of your life, there are many changes you can make to support resilience that may help you to feel better. The fact that you are considering making changes that take your well-being and whole health into account is a great start! This workbook will help you think about areas of your life that you may want to change and offer ideas about how you might do it. This workbook contains information, ideas, and strategies for helping promote both prevention and recovery.

There are eight components of this workbook, one for each of the dimensions of wellness. Take your time and complete sections of the workbook that you feel will be helpful for you and your prevention and recovery action plan. You do not have to complete all of the sections, nor do you have to complete any one section in one sitting. Take your time and focus on your personal needs and goals.







# EMOTIONAL WELLNESS

**Emotional wellness** involves coping effectively with life and creating satisfying relationships. Enhancing your **emotional wellness** can help you do the following:

- Be aware of and listen to your feelings
- Express your feelings to people you trust<sup>1</sup>

## Overview

**Emotional wellness** relates to our abilities to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences. There are steps we can take to focus inward in order to assess our personal strengths, limitations, and areas we want to enhance. At the same time, we can work to develop an outward focus, creating tolerance, awareness, and acceptance of a wide range of feelings in ourselves and in other people.



**Learn more! Stream the three-part PRA podcast series about emotional wellness on SoundCloud:**  
**Part 1:** <http://bit.do/emotionalpod1>  
**Part 2:** <http://bit.do/emotionalpod2>  
**Part 3:** <http://bit.do/emotionalpod3>

- Does your life feel balanced?

Yes  No

I'm not sure

- Think about your lifestyle. Do you try to do too much every day? In other words, do you take on more than you should? One sign that you could be taking on too much includes rushing from one thing to another without enjoying the activities. It's not uncommon for people to try to do too much. Do you feel overwhelmed with your daily life?

Always  Rarely

Sometimes  Never

If you responded “always” or “sometimes,” what can you do in your daily life to improve your well-being and to feel calm, peaceful, and balanced? For example, try meditation, carve out time for deep breathing during the day, save time for yourself in the evening, ask others to take over your responsibilities from time to time, or set aside time every day to do things you enjoy.

**To feel calm, I can...**

To feel peaceful, I can...

To feel balanced, I can...

## Identifying Personal Wellness Needs

Our **emotional wellness** is often connected to our **social wellness** (the relationships we have with friends, family, and community). It can be hard to take good care of others until we are first able to take good care of ourselves. This can be difficult! You may find that you are so busy taking care of others that you don't have time to meet your own wellness needs. While taking care of others can be good, generous, and necessary, we need to take care of ourselves, too!

- Do you feel you neglect your own wellness needs?
  - Always
  - Rarely
  - Sometimes
  - Never

If you responded "sometimes" or "always," how can you prioritize taking good care of your health and





# SPIRITUAL WELLNESS

**Spiritual wellness** involves expanding our sense of purpose and meaning in life. To support your **spiritual wellness**, you can try the following:

- Take time to discover values, principles, and beliefs that are most important to you
- Make time for practices that enhance your sense of connection to self, nature, and others<sup>1</sup>

## Overview

For many people, health and healing are enhanced by exploring, respecting, and incorporating personal values and beliefs. Healing and health can also be supported by the awareness of a being or force that transcends the material world and gives a sense of connectedness to the universe. In other words, health and well-being can be supported by a belief in something bigger than the individual self. By experiencing this sense of purpose in life, the daily activities we engage in reflect this meaning and purpose. Habits, activities, and practices in day-to-day life can be embraced



**Learn more! Stream the PRA podcast about spiritual wellness on SoundCloud:**

<http://bit.do/spiritualpod>

to enhance a sense of connectedness with self, nature, and others.

Spiritual activities may or may not be related to cultural or religious traditions or practices. Religion is often defined as a set of beliefs and principles that are formed within a group context, often shared by various people. Spirituality is often described as a personal quest to obtain answers to the ultimate questions about life and may or may not be associated with religious rituals or communities.

- Do you agree or disagree with the following statement? My life has a clear sense of purpose.<sup>2</sup>
  - Strongly Agree       Somewhat Disagree
  - Somewhat Agree       Strongly Disagree
  - Neutral
  
- Do you feel your life has purpose?
  - Always       Rarely
  - Sometimes       Never

**If you feel your life has no purpose and that you're in crisis, contact the National Suicide Prevention Lifeline at 1-800-273-8255.**

If you selected “rarely” or “never,” it can be beneficial to explore for yourself what you believe is your own purpose. The following activities may be beneficial for enhancing your **spiritual wellness** and developing a connection with a belief system. Circle those you can try in your daily or weekly life. Then, use the extra space to write in some of your own ideas!

# Prayer Compassion Altruism Yoga Meditation

## Activities for Enhancing My Spiritual Wellness<sup>3</sup>

<p><b>Meditation</b></p> <p>Engaging in contemplation or reflection<sup>4</sup></p>	<p><b>Prayer</b></p> <p>Addressing God, gods, ancestors, or other object(s) of worship<sup>5</sup></p>
<p><b>Affirmations</b></p> <p>Repeating positive statements<sup>6</sup></p>	<p><b>Yoga</b></p> <p>Practicing a system of exercises for mental and bodily well-being<sup>7</sup></p>
<p><b>Practicing Compassion</b></p> <p>Being sympathetic and conscious of others<sup>8</sup></p>	<p><b>Practicing Altruism</b></p> <p>Being concerned for the well-being of others; unselfishness<sup>9</sup></p>

