



Wellness in 8D: A lens to build resilience

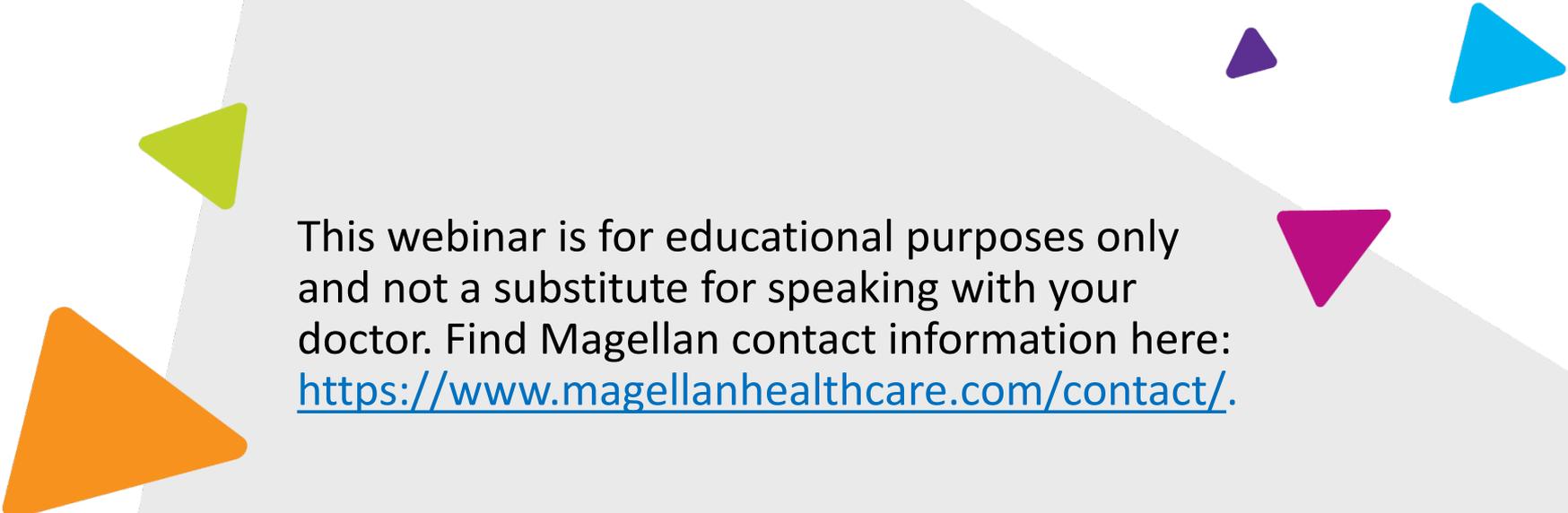
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If you are in an emergency situation, you should do one of the following:

1. Call 911
2. Go directly to an emergency room
3. Call your doctor or therapist for help

Agenda

1

Background on the historical evolution of wellness

2

Development of the 8 dimensions

3

ABC components and strengths-based lens (focus)

4

Definition of wellness, and review of the 8 dimensions

5

Self-reflection tools and resources available online

6

Specific personal and program examples

7

Identification of personal wellness strengths

8

How the model has been used for a variety of populations

9

Examples of free accessible tools on university websites

10

Examples of how the model can be applied

Learning objectives

1

Define wellness and the evolution of the 8D strengths-based model

2

Define the 8 wellness dimensions

3

List the ABC components

4

Identify personal wellness strengths that build resilience

5

Describe how the model can be applied as a tool for prevention, treatment and recovery support

Evolution of the 8D strength- based model



EIGHT DIMENSIONS OF WELLNESS

1. **EMOTIONAL**—Coping effectively with life and creating satisfying relationships
2. **ENVIRONMENTAL**—Good health by occupying pleasant, stimulating environments that support well-being
3. **FINANCIAL**—Satisfaction with current and future financial situations
4. **INTELLECTUAL**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **OCCUPATIONAL**—Personal satisfaction and enrichment from work and school
6. **PHYSICAL**—Recognizing the need for physical activity, healthy foods, and sleep
7. **SOCIAL**—Developing a sense of connection, belonging, and a well-developed support system
8. **SPIRITUAL**—Expanding sense of purpose and meaning in life

Wellness is important!!!



Wellness is important

HIV and other medical/health challenges

Mental health and substance use challenges

Stress, strain and/or experiencing burnout

When “I” becomes
“We” **Illness**
becomes *Wellness*

Wellness

is a conscious, deliberate process that requires that a person become *aware of* and make *choices* for a more satisfying *lifestyle*

Swarbrick, M. (March 1997). A wellness model for clients. *Mental Health Special Interest Section Quarterly*, 20, 1-4.

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29, (4) 311- 314.

Swarbrick, M. (2009). A wellness and recovery model for state hospitals. *Occupational Therapy in Mental Health*, (25), 343-351.

Wellness

is not the absence of disease, illness and stress but the **presence** of:

- Purpose in life
- Active involvement in satisfying work and play
- Joyful relationships
- A healthy body and living environment
- Happiness

Dunn, H.L. (1961). High-Level Wellness, Beatty Press: Arlington, VA

Health disparities

Social isolation,
trauma, stigma,
discrimination

Health habits

- Smoking, inactivity, food insecurity, substance use, lack of sleep, etc.

Stress

- Poverty, homelessness, unemployment, incarceration, acute and chronic stress

Quality health care

Shortened life span

What we focus on expands

You have
strengths

Wellness
habits build
wellness habits

Move

Eat/Hydrate

Sleep

Repeat for Life

Wellness
Habits

Wellness is the *lens* from which we can view individuals, supporters, communities and ourselves



<https://alcoholstudies.rutgers.edu/wellness-in-recovery/quiz/>

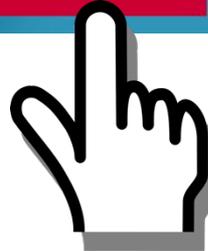
Wellness Quiz

Take the Wellness Inventory Quiz

This inventory will give you a chance to look at your typical day and week. It may help you think about what you might want to strengthen or improve in your life.



TAKE THE QUIZ



8 Dimensions

What is your most important wellness habit?

Post in the Chat

Physical



EMOTIONAL
Coping effectively with life and
creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant,
stimulating environments that
support well-being.

FINANCIAL
Satisfaction with current and
future financial situations.

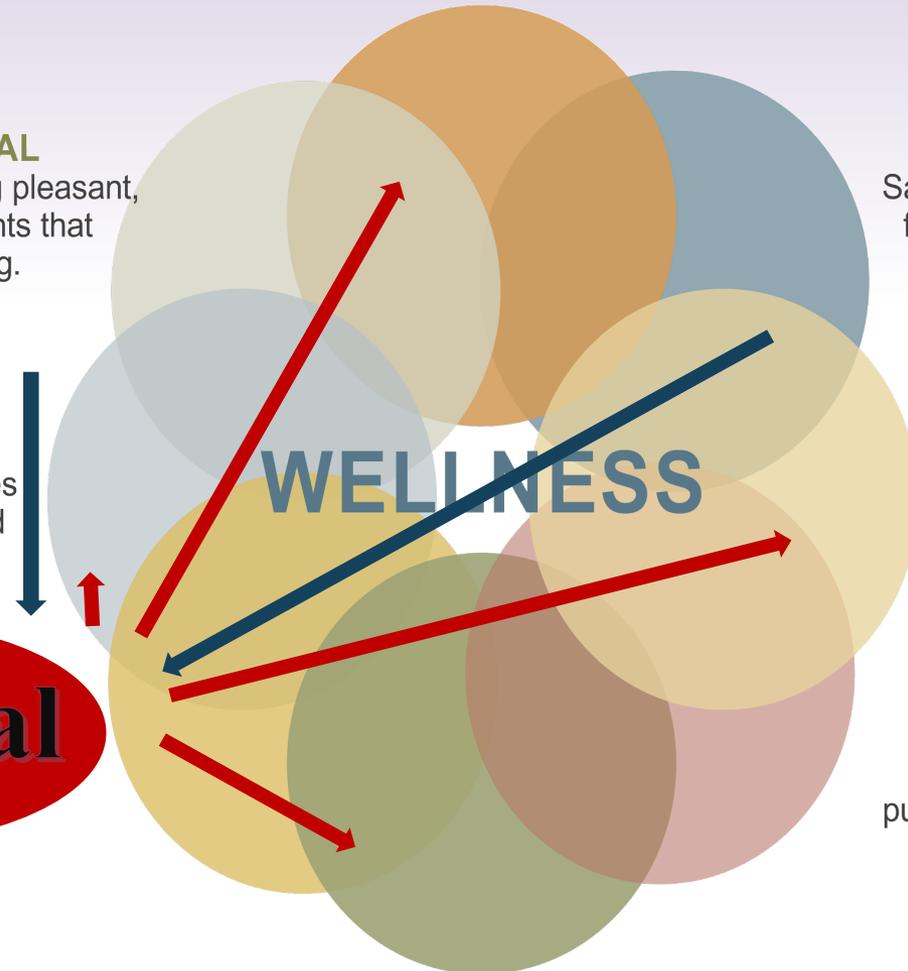
INTELLECTUAL
Recognizing creative abilities
and finding ways to expand
knowledge and skills.

SOCIAL
Developing a sense of
connection, belonging, and a
well-developed support system.

physical

OCCUPATIONAL
Personal satisfaction and enrichment
derived from one's work.

SPIRITUAL
Expanding our sense of
purpose and meaning in life.



Physical wellness



ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

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Satisfaction with current and future financial situations.

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WELLNESS

- Sleep and rest
- Movement
- **DAILY HABITS and ROUTINES**
- Activities to manage stress
- Medical care and screening

Enhancing your immune health

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Enhancing immune health

Module 1: What is immune health?

Module 2: Vaccination and health screening for improved immunity

Module 3: Adequate sleep for immune health

Module 4: Managing stress for stronger immunity

Module 5: functional foods, immunity aids and finding credible health information

Tips for A Strong Immune System



Manage your stress levels

Eat fruits, veggies, and lean protein



Wash hands regularly

Stay up-to-date on vaccines



Prioritize sleep

Quit smoking



These foods help your **immune system** do its best work



Beans



Fruits



Vegetables



Nuts



Greens



Whole Grains

vitamins, minerals, antioxidants, phytochemicals, fiber – #KeepingYouHealthy



Rest



Pause and breathe

Movement

TAKE A
DEEP
BREATH
THEN
CONTINUE







Intellectual

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

FINANCIAL
Satisfaction with current and future financial situations.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

WELLNESS

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

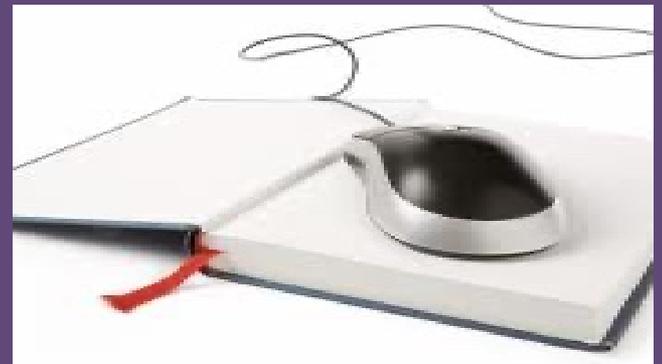
PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work.



Intellectual



Gain knowledge throughout life, learning and using information



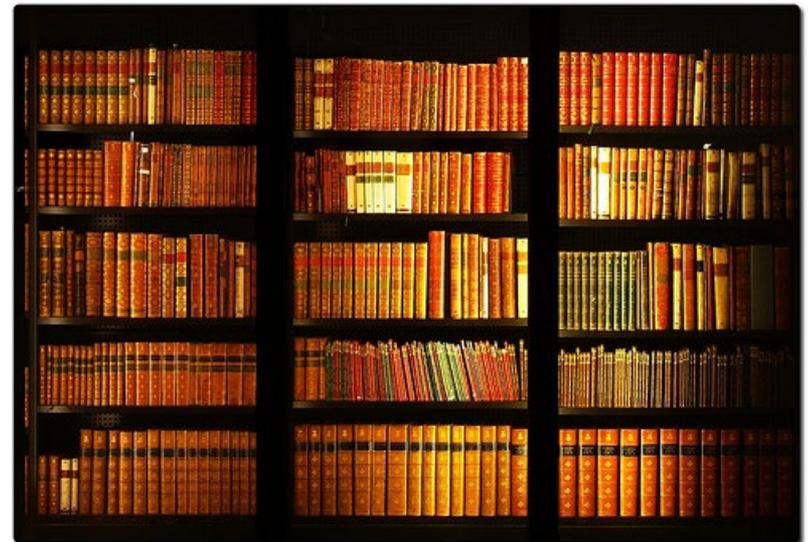
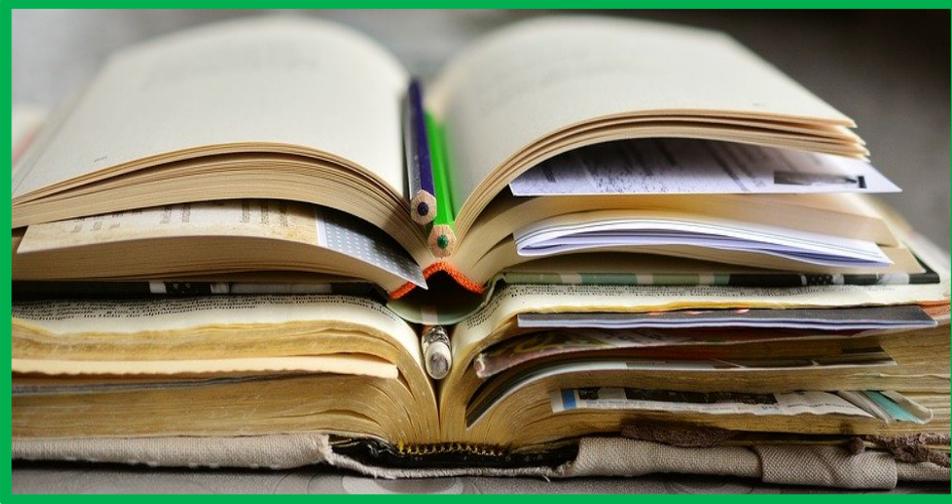
Engaging our mind in creative and critical thinking



Being curious

Intellectual Wellness

Learn new things







Creativity



Creative Activities/Hobbies



Emotional





-
- **Recognize and express feelings**
 - **Adjust to challenges and cope with life's stressors**
 - Respond/react to adversity with optimism
 - View difficult situations as opportunities for growth

Emotional

- Support group



- Relaxation



- Stress management
 - Yoga
 - Mindfulness



- Movement, stretching, walking



- Journaling



Financial

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

FINANCIAL

Satisfaction with current and future financial situations.

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL

Expanding our sense of purpose and meaning in life.

WELLNESS





Financial Wellness



Social

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

FINANCIAL

Satisfaction with current and future financial situations.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

WELLNESS

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.

SPIRITUAL

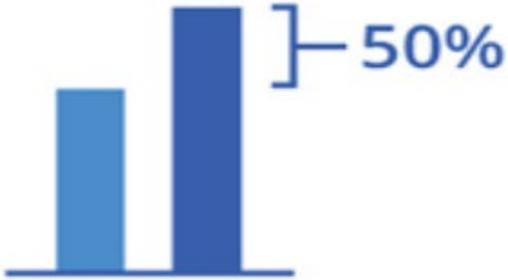
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.



THE BENEFITS OF HIGH SOCIAL CONNECTION:



50% increased chance of longevity



stronger gene expression for immunity (research by Steve Cole, UCLA)



lower rates of anxiety and depression



higher self-esteem and empathy



better emotion regulation skills



Social connection creates a positive feedback loop of social, emotional, and physical well being.

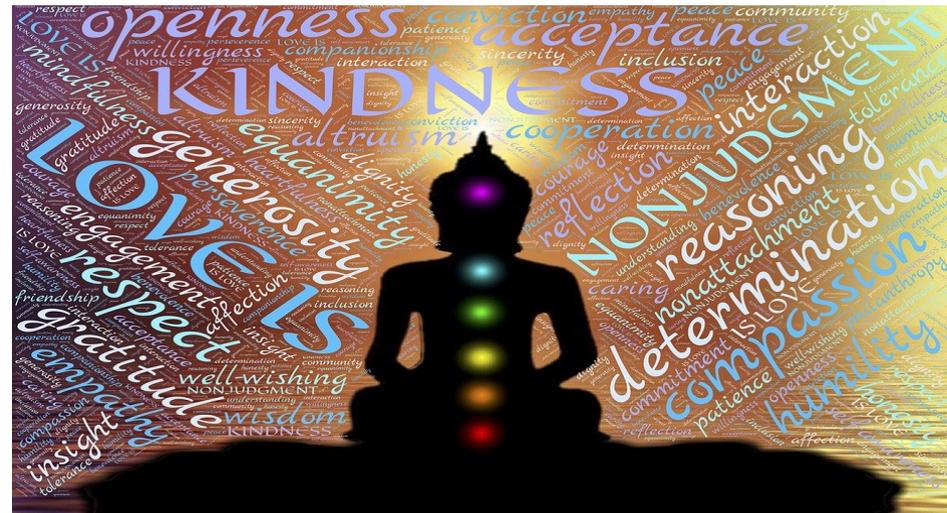


Give and receive compliments graciously



Balance own needs with the needs of others

Be compassionate & help others





**Get along with a
wide variety of
people**

**Be interested in others,
including people whose
backgrounds are
different from your own**



Stay Connected





Spiritual

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

FINANCIAL

Satisfaction with current and future financial situations.

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WELLNESS

SPIRITUAL

Expanding our sense of purpose and meaning in life.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

Name

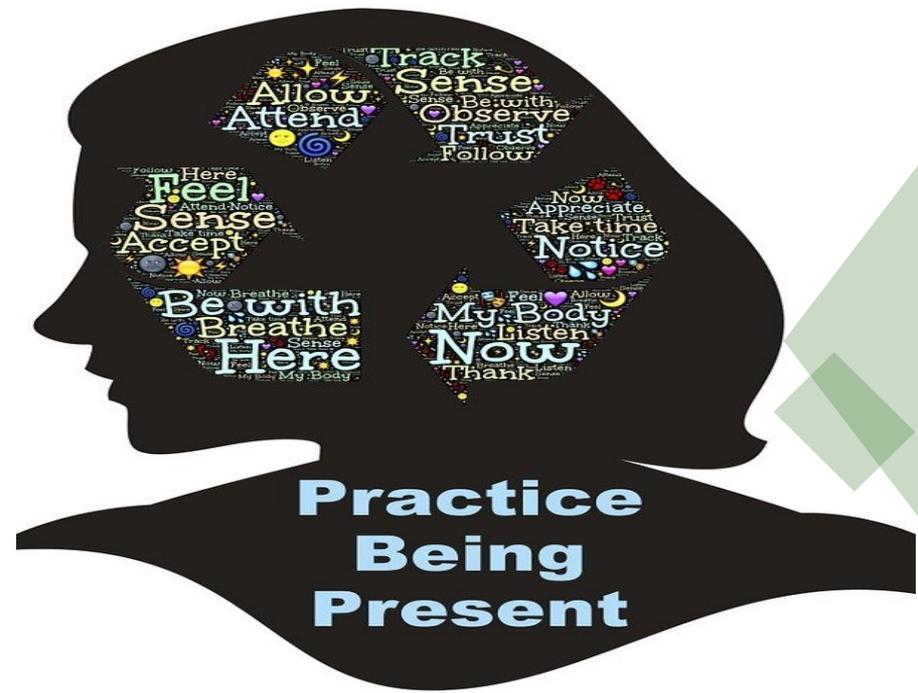
- Name personal values and beliefs about life

Draw on

- When depressed or frustrated, draw on beliefs and values to give direction

Reflect

- Reflect quietly each day



Feel **gratitude** for the good things in life.
Read or listen to inspiring messages.



Environmental



Environment

The environment includes our **living, learning and working** spaces and the **larger communities.**

Places and spaces that promote learning, contemplation and relaxation.





Occupational

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

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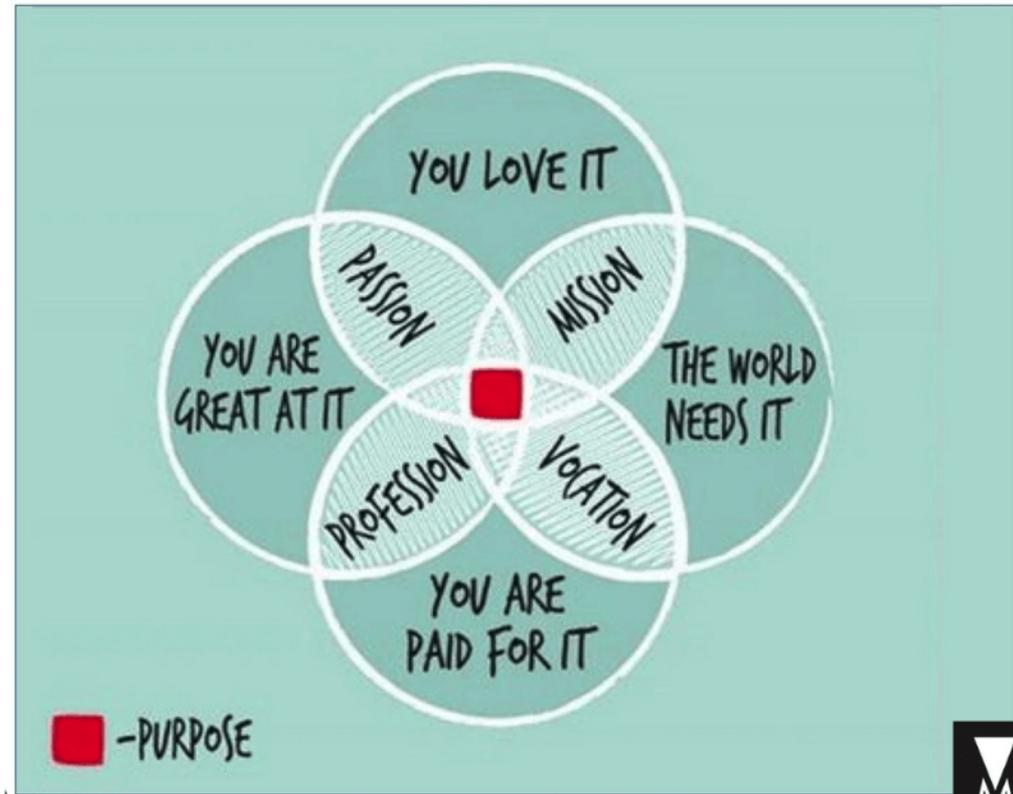
Occupational

Personal satisfaction and enrichment in one's life is derived from **participation** in work and volunteer activity as well as other **activities and tasks** from which we derive **pleasure and satisfaction**.

Activities that are meaningful and rewarding and you feel that contribute your **unique gifts, skills and talents**.

Occupation
provides
purpose

FINDING PURPOSE



Occupation is good
medicine

Wellness Model

- ***Attitude/belief***
- ***Balance***
- **Control**



ABCs of wellness

Attitude is the frame in which you view the world and the mood for your day's activities



Control
*Grant me the **Serenity** to accept the things I cannot change,*
***Courage** to change the things I can, and*
***Wisdom** to know the difference*

Originally, the Baoding Iron Ball was a solid ball, and afterwards it is designed hollow with a sounding plate in it. Of a pair of balls, one sounds high and one low. It is a treasure necessary for the aged to build up physical



Personal wellness
strengths to build
resilience



A person wearing a blue medical coat is shown from the chest down, holding the hands of another person. The background is dark and out of focus. The text is overlaid on the left side of the image.

Prevention,
treatment,
and recovery
support



EIGHT DIMENSIONS OF WELLNESS

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Wellness model

- Swarbrick, M. (1997). A wellness model for clients. *Mental Health Special Interest Section Quarterly*, 20(1), 1-4.
- Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314. doi: 10.2975/29.2006.311.314
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- Swarbrick, M., & Nemec, P. B. (2016). Supporting the health and wellness of individuals with psychiatric disabilities. *Rehabilitation Research, Policy, and Education (special issue on psychiatric rehabilitation)*, 30(3), 321-333.

Physical wellness

- Swarbrick, M., Rockson, L, Pratt, C., Yudof, J., & Nemec, P. (2015). Perceptions of overall health and recency of screenings. *American Journal of Psychiatric Rehabilitation*, 18, 5-18
- Gardner, J., Swarbrick, M., Ackerman, A., Church, T., Rios, V., Valente, L., & Rutledge, J. (2017). Effects of physical limitations on daily activities among adults with mental health disorders: opportunities for nursing and occupational therapy interventions. *Journal of Psychosocial Nursing and Mental Health Services*, 55(10), 45-51. doi:10.3928/02793695-20170818-05

Physical wellness: Sleep

- Circadian clock at <https://www.cdc.gov/niosh/emres/longhourstraining/clock.html>
- For a comprehensive look at sleep: Walker, M. (2017). *Why we sleep*. NY, NY: Simon & Schuster.

Intellectual wellness

- Mensinger, J. L., Drass, J. M., Dieterich-Hartwell, R. M. (2017). Art therapist-facilitated open studio versus coloring: differences in outcomes of affect, stress, creative agency, and self-efficacy. *Canadian Art Therapy Association Journal*, 30(2):56. doi: [10.1080/08322473.2017.1375827](https://doi.org/10.1080/08322473.2017.1375827). Conner, T. S., Flett, J. A. M., Hayne, H., Lie C., Riordan, B. C., Thompson, L. M. (2017). Sharpen your pencils: preliminary evidence that adult coloring reduces depressive symptoms and anxiety. *Creativity Research Journal*, 29:4, 409-416. doi: [10.1080/10400419.2017.1376505](https://doi.org/10.1080/10400419.2017.1376505).
- Schmanke L. (2015). Art therapy and substance abuse. *The Wiley Handbook of Art Therapy*. 361-374. doi:10.1002/9781118306543.ch35. Baker, C. M., Crone, D. M., Hughes, S., James, D. V. B., Loughren, E. A., Sumner, R. C. (2018). 'Artlift' arts-on-referral intervention in UK primary care: updated findings from an ongoing observational study, *European Journal of Public Health*, 28(3), 404–409. doi: [10.1093/eurpub/cky021](https://doi.org/10.1093/eurpub/cky021)
- Lauren's article "Being 16 in the Midst of Covid-19," featured in the January 2021 issue of *Words of Wellness*, captures how song writing can increase emotional wellness. Writing music helped Lauren cope with the stress of the pandemic quarantine when she missed and lost friends and family to Covid-19.

Financial – Occupational wellness

- Brandow, C. L., Swarbrick, M., & Nemec, P. B. (2020). Rethinking the causes and consequences of financial wellness for people with serious mental illnesses. *Psychiatric Services, 71*(1), 89-91.
- Jonikas, J. A., Cook, J. A., Swarbrick, M., Nemec, P., Steigman, P. J., Boss, K., & Brice, G. H., Jr. (2021). The impact of the COVID-19 pandemic on the mental health and daily life of adults with behavioral health disorders. *Translational Behavioral Medicine, 11*(5), 1162-1171.

Wellness coaching self-care programs

- Brice, G. H., Swarbrick, M. A., & Gill, K. J. (2014).
Promoting wellness of peer providers through coaching. *Journal of Psychosocial Nursing and Mental Health Services*, 52(1), 41–45. <https://doi.org/10.3928/02793695-20130930-03>
- Swarbrick, M., Gill, K. J., & Pratt, C. W. (2016). Impact of peer delivered wellness coaching. *Psychiatric Rehabilitation Journal*, 39(3), 234–238. <https://doi.org/10.1037/prj0000187>
- **Swarbrick M, Fogerite SG, Spagnolo AB, Nemec PB.** (2021). Caregivers of People With Disabilities: A Program to Enhance Wellness Self-Care. *Journal of Psychosocial Nursing and Mental Health Services*. Jan 13:1-8. doi: 10.3928/02793695-20210107-04.

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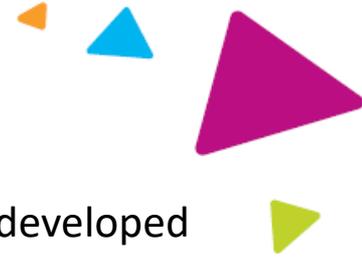
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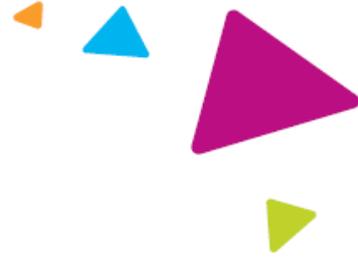
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About the presenter



Peggy Swarbrick, PhD, FAOTA, has worked for many years at CSPNJ, where she developed the strengths-based 8-dimensional wellness model to promote recovery from mental health and substance use. She is known for collaborating with the peer community and family groups to identify and address social determinants that are barriers to recovery and wellness. She has created self-care wellness programs for people in recovery, caregivers, families, youth and professionals, and has been a leader on numerous grant-funded research projects and a leader for developing related training materials and intervention manuals for many of these projects. She currently holds positions at Rutgers University as the associate director of the Center of Alcohol & Substance Use Studies, and a research professor in the Graduate School of Applied and Professional Psychology. Peggy has made significant contributions to the body of literature in occupational therapy, nursing and community behavioral healthcare practice, focused on such topics as the 8 dimensions of wellness, wellness coaching, peer support, health disparities and social determinants of health, financial wellness, employment, trauma and self-care.



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