



ACTIVATE
2023 | NATIONAL WELLNESS CONFERENCE

Activating a Web of Support for Multidimensional Wellness

Kellie Straub, MBA, CWP

**“Wellness is functioning
optimally within your
current environment.”**

National Wellness Institute (NWI)
Dr. Halbert L. Dunn, MD | “Father of the Wellness Movement”

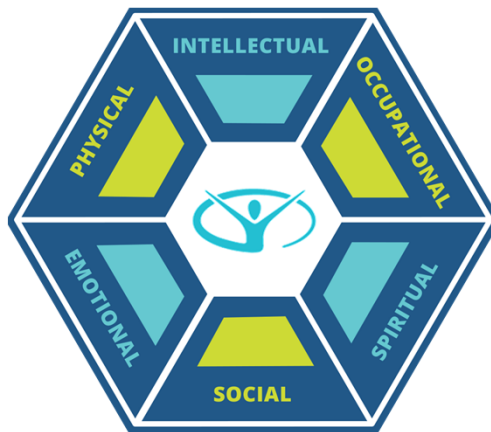
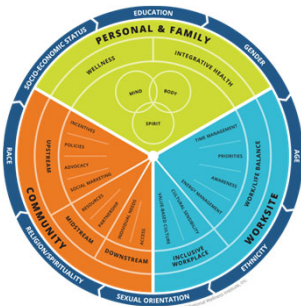
Activating a “Web of Support”



NWI's Foundational Models

Six Dimensions of Wellness

Multicultural Wellness Wheel



Social Activation of Wellness (SAOW)






Today's Objectives

- Describe how Wellness Activators help support an individual's wellness.
- Explain how a Wellness Activator impacts at least one of the Six Dimensions of Wellness.
- Recognize the connection between a person's values and their Wellness Activators.
- Identify how Wellness Activators can support strategies for sustaining inclusive cultures of well-being.



Becoming a **W.E.L.L.** Individual & Leader





W=Whole Person

It is important to focus on all aspects of life and to recall that wellness is multidimensional in nature.

This doesn't mean working on multiple goals or taking multiple action steps within all dimensions of wellness at one time.

Since the human brain is hard-wired to focus on and complete just one task at a time, it is important to acknowledge that all dimensions of wellness are connected and interrelated.

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E= Environment

The environment has a significant impact on one's health, happiness, and well-being.

It is important to stay attentive to the variety of available resources, tools, and supporting practices that can be implemented to promote optimal well-being in various environments (*where we live, work, learn, play, and reflect*), along with the purposeful changes that can be made to enhance one's goals, action steps, and outcomes.

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L=Lifestyle

Wellness Activators can help individuals function optimally within their current environment.

Lifestyle is defined as "*the way in which a person lives,*" and—unlike other aspects of life—is built on the intentional choices and changes one makes to achieve the outcomes they desire.

When exploring the Wellness Activators that support a healthy lifestyle, it is important to consider how those Activators relate to one's values and each of the Six Dimensions of Wellness.

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L=Learning

Learning and self-awareness come from considering where one falls in each dimension of wellness, the environmental impact, and the Wellness Activators that support thriving.

Understanding how this information can be activated to further advance one's personal and professional pursuits is instrumental to one's growth, paves the way for setting and achieving purposeful goals, and gives individuals the greatest chance of success in reaching their full potential.

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W.E.L.L. Leaders . . .

-  Provide support, guidance, and encouragement.
-  Look beyond traditional clinical offerings.
-  Align programs, policies, and procedures.
-  Create a comprehensive web of support.
-  Shift mindsets, behaviors, and practices. *(*Social Activation of Wellness)*
-  Take a multidimensional, multicultural approach.

Practice what they teach!


- 🌱 Recognize their role and impact as a **W.E.L.L.** leader.
- 🌱 Honor, respect, and celebrate individual differences.
- 🌱 Ask mindful questions and communicate with clarity.
- 🌱 Recognize the power and impact of Listening with Integrity™.
- 🌱 Master the art of presence and avoid context-switching.
- 🌱 Develop critical self-awareness and self-regulation skills.

The Influential Power of Mirror Neurons



Mirror neurons activate equally when we perform an action AND when we observe someone else performs the same action.

– American Psychological Association



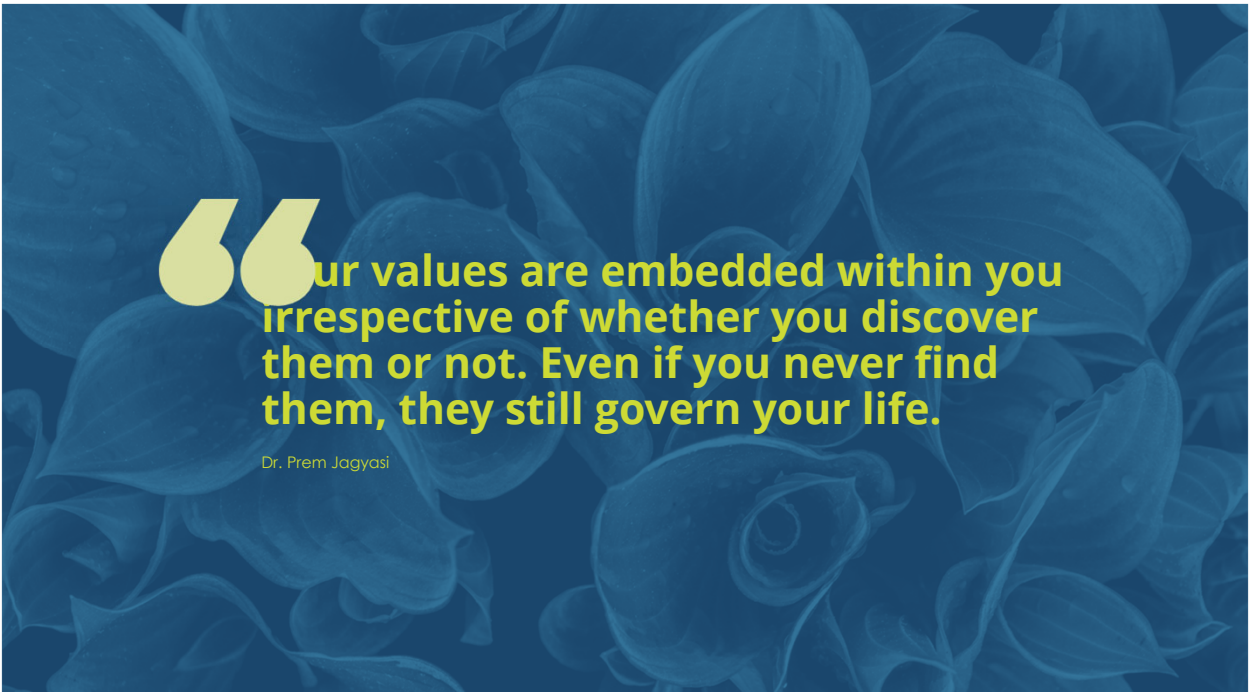
**“People don’t care how much
you know until they know
how much you care.**

Theodore Roosevelt | 26th President of the United States



Identifying & Building Values










“Our values are embedded within you irrespective of whether you discover them or not. Even if you never find them, they still govern your life.

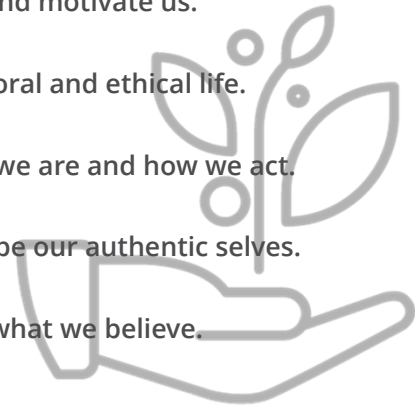
Dr. Prem Jagyasi



What are **VALUES**?

Values are beliefs. They are the internal motivators or driving forces that serve as guideposts to help us stay on track and prioritize what matters.

-  They define our passion – our WHY – and motivate us.
-  They are the foundation for living a moral and ethical life.
-  They act as a reference guide for who we are and how we act.
-  They help build a sense of purpose to be our authentic selves.
-  They introduce us to who we are and what we believe.

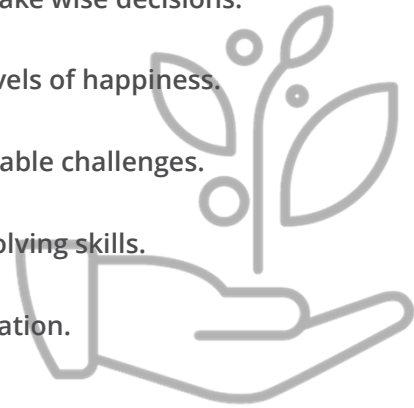


“Clarity about who we are leads to authentic communication with others.”

Kellie Straub | National Wellness Institute (NWI)

Why are VALUES important?

- 🌱 Build respect and improve relationships (with self and others).
- 🌱 Develop confidence and curiosity to make wise decisions.
- 🌱 Inspire healthier habits and greater levels of happiness.
- 🌱 Reduce stress and navigate life's inevitable challenges.
- 🌱 Boost decision-making and problem-solving skills.
- 🌱 Enhance self-awareness and self-regulation.



“Self-awareness is the golden key to making life-changing decisions and sticking to them.

Dr. Prem Jagyasi

IKIGAI

IKI = “alive, life”

GAI = “benefit, worth”

Ikigai is one's reason for living or being. A motivating force, something that gives one a sense of purpose.

- *Am I doing what I love?*
- *Am I doing what the world needs?*
- *Am I doing what I can be paid for?*
- *Am I doing what I am good at?*

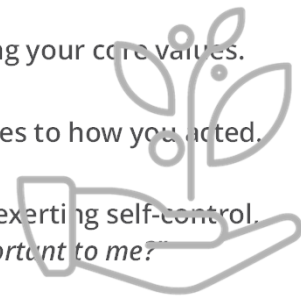


Self-reflection: Identify 5 Core Values



Tips for growing your VALUES

- Find ways to bring your values up in everyday conversations.
- Use your core values to reframe “problems” as “challenges.”
- Make a list of shared values with close friends and colleagues.
- Develop a personal “mission statement” utilizing your core values.
- At the close of the day, compare your core values to how you acted.
- When setting goals, changing your lifestyle or, exerting self-control, tap into your curiosity by asking: “Why is it important to me?”





Wellness Activators

The things we can actively embrace to support our wellness while responding to both the **positive** and **negative** demands of life.

They help us:

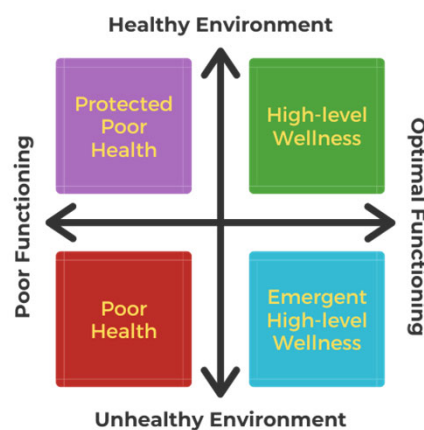
- enhance wellness,
- manage stress,
- build perseverance,
- develop resilience, and
- *...inspire others to do the same!*



“Wellness is functioning optimally within your current environment.”

National Wellness Institute (NWI)
Dr. Halbert L. Dunn, MD | “Father of the Wellness Movement”

Good Health (no illness) vs “High-level Wellness”



“...a condition in which the individual moves forward, climbing toward a higher potential of functioning.”

HIGH-LEVEL WELLNESS
Dr. Halbert L. Dunn, MD

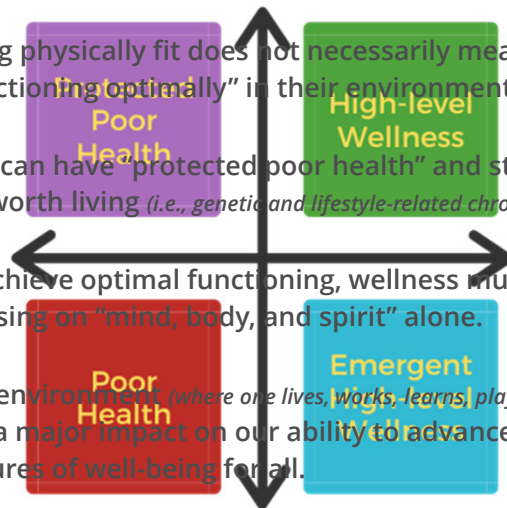


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Dr. Halbert L. Dunn, MD | Four Quadrant Model of Wellness (1959)
Book: *High-level Wellness: A collection of twenty-nine short talks on different aspects of the theme*

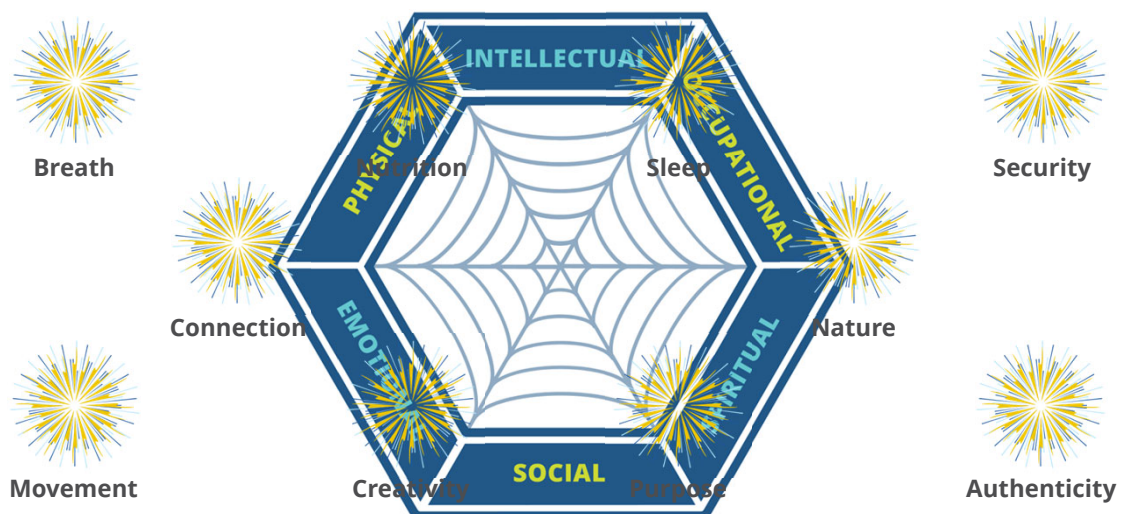
Conclusions

- Being physically fit does not necessarily mean one is "functioning optimally" in their environment.
- One can have "protected poor health" and still have a life worth living (i.e., genetic and lifestyle-related chronic disease).
- To achieve optimal functioning, wellness must go beyond focusing on "mind, body, and spirit" alone.
- The environment (where one lives, works, learns, plays, and reflects) has a major impact on our ability to advance inclusive cultures of well-being for all.



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Ten Fundamental "Activators"





Breath



Our 670 million breaths...

- Improve concentration
- Increase focus & attention
- Connect the body & mind
- Promote calm & relaxation
- Support intense emotions
- Create peace & contentment



Nutrition



Sleep

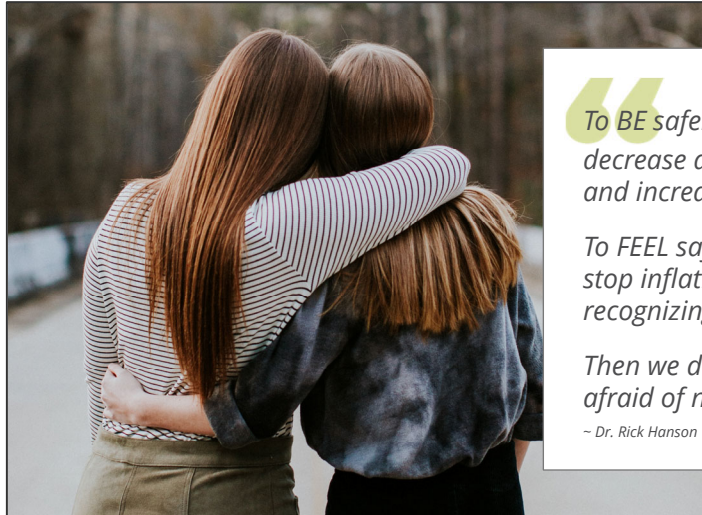


Tips for better sleep...

- Stick to a schedule
- Create a sleep haven
- Develop a bedtime routine
- Get sunshine & fresh air
- Stay calm upon waking
- Practice mindfulness



Security



*To **BE** safer, we need to decrease actual threats and increase actual resources.*

*To **FEEL** safer, we need to stop inflating threats and start recognizing all our resources.*

Then we don't have to be afraid of not being afraid.

~ Dr. Rick Hanson



Connection



Four key strategies:

- 1) Embrace solitude
- 2) Share time with others
- 3) Give your full attention
- 4) Help & be helped

~ Dr. Vivik Muthy | 19th Surgeon General



Nature



“Nature itself is the best physician.”
~ Hippocrates

NOW
NATURE OF WELLNESS



Movement



“You don’t stop playing because you grow old.
You grow old because you stop playing.”
~ Benjamin Franklin



Creativity



Creativity is seeing what others see and thinking what no one else ever thought.

~ Albert Einstein



Purpose



The reason for which something is done or created or for which something exists.

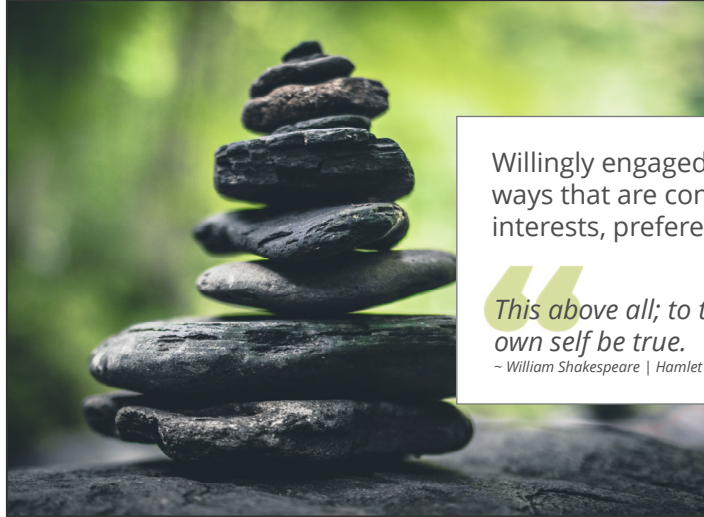
Our WHY. Our VALUES. Our IKIGAI.

There are two ways of spreading the light; to be the candle or the mirror that reflects it.

~ Edith Wharton



Authenticity

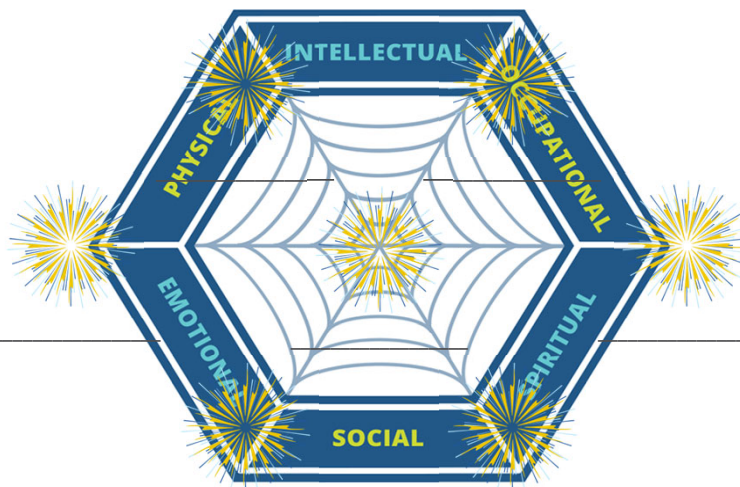


Willingly engaged and acting in ways that are congruent with values, interests, preferences, and needs.

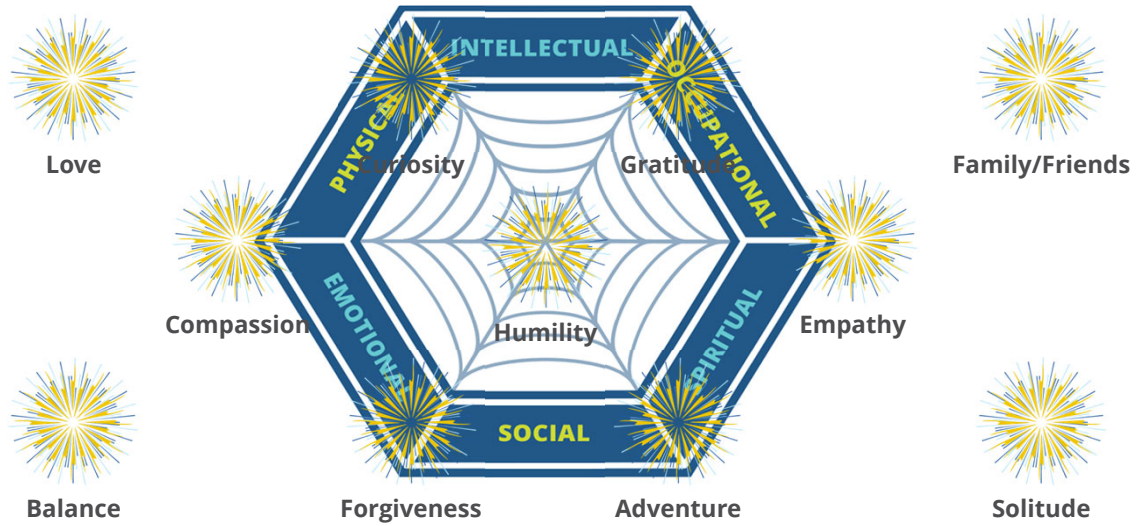
This above all; to thine own self be true.

~ William Shakespeare | Hamlet

Are yours different?







Are yours different?



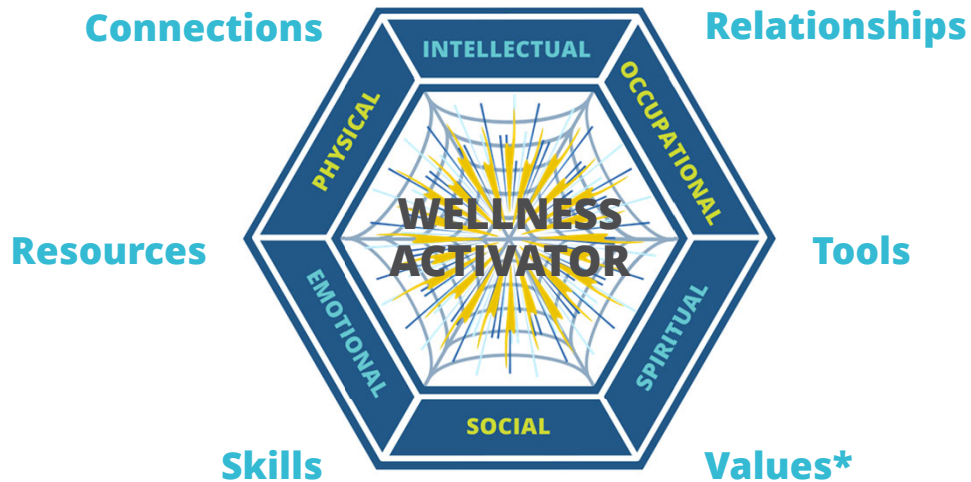


Interactive Activity: Facilitator-led Discussions

-  Share your 5 core values with the group.
-  As a group, choose a Wellness Activator and discuss how it aligns with everyone's stated core values.
-  As a group, discuss how your selected Wellness Activator connects to each of the Six Dimensions of Wellness.
-  Discuss how to help clients and/or patients build a "web of support" (*connections, relationships, resources, tools, skills, etc.*) to advance their well-being and achieve optimal functioning.



Time to Share!



Key Take-aways:

- Our role and impact as **W.E.L.L.** leaders cannot be underestimated.
- Values are the motivators (driving forces) that guide and direct us.
- Personal development begins and ends with self-awareness.
- Wellness Activators support individual and collective wellness.
- Strong, flexible webs of support are imperative to our well-being.
- Demonstrating how much we care for others makes all the difference!

FREE RESOURCES

Six Dimensions of Wellness



The National Wellness Institute's
**SIX DIMENSIONS
OF WELLNESS**

Defining & Assessing Wellness



The National Wellness Institute's
**SIX DIMENSIONS
OF WELLNESS**

Self-reflection & W.E.L.L. Plan



NationalWellness.org/resources



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Thank you!



Kellie Straub
VP of Growth & Innovation
National Wellness Institute (NWI)