



## *What is wellness?*

Wellness has a lot of parts. It is about well-being today—including being comfortable, happy and at peace with yourself. It is also about how we live our lives and the actions we can take to improve our well-being in the future. This booklet explains the different types of wellness that can be a part of your well-being.

## *Why is wellness important for me?*

Growing up with a chronic medical condition can sometimes make it hard to focus on well-being. It's complicated and the future is full of unknowns. By thinking about all the types of wellness in this book, you can make a plan that will help you achieve YOUR goals for overall well-being. Some types of wellness in this booklet may be more important to you than others now—and at different times in your life.



## Physical wellness

*Moving and doing what you want  
to do with ease.*

Physical wellness is about getting regular exercise,  
eating healthy foods and getting enough sleep.

It also includes how your medical condition and  
medicines affect your body today and later on.

Physical wellness is important because a good diet,  
daily activity, and good sleep habits can make your  
body stronger and make you feel happier.





## Occupational wellness

*Playing & working. Doing what you want to do in daily life.*

Occupational wellness is about working on the skills you need every day. This includes getting dressed, bathing, eating, taking your medications and using the toilet. It also includes all the activities you do at school, like reading, working with other students, or getting ready for a test. Occupational wellness is important for feeling good about what you are able to do—whether that's playing, being with your friends, or doing your best in school.

*Goals* **working** **toolbox**

day-to-day feeling useful **Daily activities**

grasp **reaching for the stars**

Feeling capable **everyday** *Way of Living*

**functioning** Daily Life

being a functional member of my community

The illustration shows four stylized figures. On the left, a person in a green hoodie and purple pants is walking and reading a book. In the center, a person with long brown hair in a red shirt is brushing their teeth. To the right, a person in a light blue shirt and blue jeans is skateboarding. In the bottom right corner, a child in a red shirt and yellow overalls is sitting on the floor playing with colorful blocks.

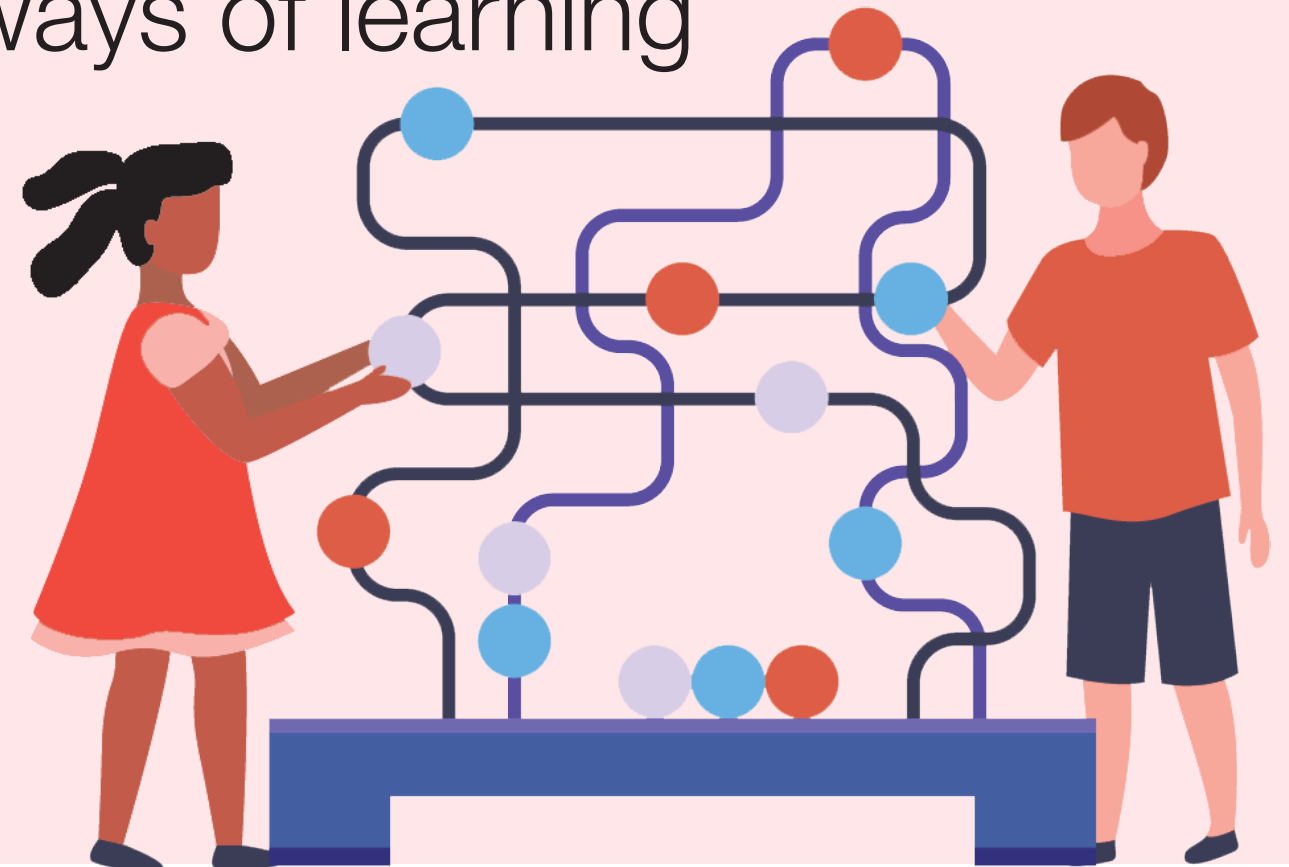


## Intellectual wellness

*Being curious and having a desire to learn.*

Intellectual wellness is about how you think, create, and problem-solve. It is also about practicing skills, like paying attention, remembering, and planning for the next day or week. It includes learning new things and keeping your mind active, in school and at home. Intellectual wellness is important because it helps you develop your own ideas, and it may play a role in the job or career that you choose.

Elevate Discover *lift* motivate  
feeding the mind reach  
*Rise* Thinking conceptual  
shine mental strength  
ways of learning bloom





## Social wellness

*Connecting with people in your community.*

Social wellness is about creating connections with other people who accept, love and respect you for who you are. Social wellness involves sharing your thoughts and feelings with those you trust. It also involves listening to others when they share with you. Positive connections with the people around you are a source of joy. They help you grow as a person. They also increase your self-esteem and can help you get through hard times.

amigos y familia **Nourish** Playing  
embrace  
**Friends and Family**  
*Interaction* **Human Support**  
Feeling understood **System** *Feeling heard*  
**Relationships** **Squad** Personal connections  
social skills Meeting new and different people





## Emotional wellness

*Balancing your feelings and reactions as they change.*

Emotional wellness is the ability to know and accept your feelings and understand why they happen. It's about accepting that you have both good and bad days but also learning how to bounce back from the bad days. Emotional wellness is important for coping with stress and change. Holding onto positive thoughts about yourself helps you feel better and improves your well-being and emotional health.

control over emotions  
CENTERED  
Refresh  
Feeling  
Inner well-being  
Clarity  
Aware  
introspection  
emotional resilience  
Regulation  
Calm  
relate  
mindful  
having fun  
balance  
the emotional self  
*Expressing my emotions the way I want*







## Environmental wellness

*Finding safety and happiness in the places around you.*

Environmental wellness is feeling safe and comfortable in all the spaces in which you grow, live and learn. This includes everything around you that might affect your health like your home, your school, your neighborhood, your health clinics, and the community in which you live. Finding or making a personal environment that is comfortable for you can help you feel calm, focused, and less stressed.

Safety  
Core living **access**  
*Refresh* environment  
Sanctum Privacy Retreat shield  
**Haven** refuge spacial  
comfort home  
shelter







## Spiritual wellness

*Finding meaning and purpose in the world.*

Spiritual wellness is being connected to your inner self and finding what means the most to you. It is about learning what gives you hope in life. It is about having your own values and beliefs that guide your actions every day. Spiritual wellness energizes the mind and body.

Enlighten faith Inner peace Inner connection hope religion self exploration my place in the world  
**Affirm**  
**Exist**  
believing in something other than myself  
energy introspective  
**Destiny**





## Financial wellness

*Spending and saving money for now and for the future.*

Financial wellness is using the money that you have in a way that lets you take care of yourself. As you get older, you need to know how to keep track of your money, save money for emergencies, and know where to go for help with money problems. Financial wellness is important because the choices you make about money can affect your emotional, social and physical health.

