



The 7 Aspects of Wellness are:

Emotional

Social

Occupational

Physical

Environmental

Intellectual

Spiritual

Your child's wellness should include activities from each of these aspects for a complete balance.

It's never too early to begin practicing healthy habits for overall wellness with your children. Creating a wellness plan for your child can lead to better physical, emotional, and mental health.

A wellness plan that focuses on a variety of key factors can help your child feel emotionally stable, calm their hyperactive behavior, and maintain mental concentration and clarity.

There are 7 Aspects of Wellness™ that influence your child's sense of well-being and can work together to support each individual's healthy emotional balance. Together, they can give your child the foundation needed to maintain a positive attitude.

Physical Wellness is important at every stage of development.

Healthy nutrition that revolves around fresh fruits and vegetables, whole grains, and adequate protein is a necessary foundation for proper brain function and emotional stability.

Avoiding sugary processed foods can calm your child's nerves and reduce hyperactivity.

Physical activity also helps to reduce feelings of nervousness and relieve tension.

Supplementing your child's diet with essential vitamins can create an emotional balance that can help your child get the nutrition they need for total wellness.

Emotional Wellness is essential for overall health. Teaching your child how to identify, experience, and vocalize their feelings is important for Emotional Wellness.

When your child is showing an emotion, even a negative emotion such as anger or sadness, you can sit down with your child and calmly discuss their feelings with them. You can also teach them healthy ways of dealing with their emotions.

Intellectual Wellness is a key focus for children. Discuss your child's educational environment with their teacher to make sure that your child is getting the most out of his or her academic experience. Voice special concerns with your child's teachers, and look for early warning signs that problems are developing. Spend time with your child working on reading, homework, and thought-provoking games. Teaching your child to appreciate learning now will make for better wellness practices later in life.

Environmental Wellness provides support and structure for your child's emotional stability.

A clean, organized environment keeps your child's frustration level low and sets the tone for their own organizational skills.

Teaching kids to care for their own surroundings by regularly having them clean their room and organize their possessions will help them begin practicing self-care.

Social Wellness is one of the most important pieces of your child's wellness plan. It is important for a child to feel loved and cared for, and taking the time to build a bond with your child will help them feel this sense of emotional support. We also want to equip our children with the best social skills we can and talk with them about their social interactions with other children and adults.

Activities that support your child's Social Wellness include teaching them the importance of sharing, using open and honest communication with them, exposing them to a variety of social situations to help them build a social network of their own.

Spiritual Wellness involves teaching your child about your beliefs and values. Faith in something bigger than the self can give children a sense of belonging that minimizes fear. Spiritual Wellness is supported by an environment of love and trust, and it's good to maintain an attitude of open-mindedness to help your child as they develop their core beliefs for positive living.

Occupational Wellness may not seem like a childhood concern. In reality, you can begin helping your child explore their dreams so that one day they can find a career that suits them and gives them a sense of satisfaction. It's also good to begin talking to your kids about money and the world of jobs. Allowing your child to have his or her own dreams and helping your child explore the different options that might spark their interest will give them an early sense of direction for overall wellness, both now and into adulthood.

Children appreciate structure, and using a wellness plan as a basis for that structure helps you make sure your child is getting everything they need to achieve total social wellness.

Lessons for Life...

July is Social Wellness Month