

SAMHSA'S Wellness Initiative

SAMHSA envisions a future in which people with mental and substance use disorders pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.

INFORMATION FOR CONSUMERS

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DID YOU KNOW ...

“People with mental illnesses die decades earlier than the general population.”

—National Association of State Mental Health Program Directors

WHAT IS WELLNESS?

Wellness means overall well-being. It incorporates the mental, emotional, physical, financial, occupational, intellectual, environmental, and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life, so it is important to consider all aspects of health. This is especially important for people with mental health problems, because wellness directly relates to the quality and longevity of your life.

What makes us well differs from person to person. As you read this brochure, see how the **Eight Dimensions of Wellness** apply to you.

The Federal Government has spearheaded a major cross-governmental, public/private initiative to transform delivery of the Nation's mental health services into a system based on the expectation of recovery.

Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

To learn more and sign the Pledge for Wellness, visit <http://www.samhsa.gov/wellness>.



THE EIGHT DIMENSIONS OF WELLNESS*

PHYSICAL

- Stay active! Take the stairs, walk instead of drive, or join a local sports league.
- Make healthy food choices and see how much better you feel.
- Sleep is as important as diet and exercise.
- See your primary care doctor regularly.
- Stay informed about your medications. Ask your doctor about side effects.
- Don't smoke and avoid the use and abuse of substances, such as alcohol, drugs, and caffeine.

You can make healthy choices to optimize your physical and mental well-being.

EMOTIONAL

- Be aware of your feelings.
- Express your feelings to others.
- Learn coping mechanisms to overcome troubling emotions.

SOCIAL

Social support is one of the most important factors to good mental health. Try these hints to get connected:

- Make a short list of family, friends, and peers who are supportive and positive.
- Make at least one connection per day by calling, emailing, or visiting a friend or family member.
- Join a book club or support group. Volunteer!

Be a quitter—Stop smoking!

This is the single most important thing you can do to improve your health.

OCCUPATIONAL

We don't always think about our jobs or careers as part of overall health. Personal satisfaction and a sense of purpose often enter one's life through work.

INTELLECTUAL

Creative and stimulating activities add another dimension to wellness. Learning new things and pursuing personal interests are a part of a healthy lifestyle.

FINANCIAL

- Make conscious decisions regarding spending and budgeting.
- Plan and prepare for future circumstances.

ENVIRONMENTAL

- Find pleasing surroundings that encourage good physical and mental health.

SPIRITUAL

Spiritual health can mean different things to different people. For many people, spirituality can provide meaning and purpose to their lives.

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

FOR MORE Information

- Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://www.samhsa.gov>
- FDA Office of Women's Health
<http://www.fda.gov/womens>
- Million Hearts™
<http://www.millionhearts.hhs.gov>
- U.S. Department of Health and Human Services
<http://www.hhs.gov>
- Center for Psychiatric Rehabilitation
<http://www.bu.edu/cpr>
- National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (1-800-950-6264);
<http://www.nami.org>
- The National Empowerment Center
1-800-POWER2U (1-800-769-3728);
<http://www.power2u.org>
- The National Wellness Institute
<http://www.nationalwellness.org>
- Health Finder
<http://www.healthfinder.gov>
- FAVOR (Faces & Voices of Recovery)
<http://www.facesandvoicesofrecovery.org>

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Office of
Women's
Health



Support SAMHSA's efforts by signing the **PLEDGE FOR WELLNESS** to promote wellness for people with mental and substance use disorders by taking action to improve the quality of life and reduce early mortality.

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