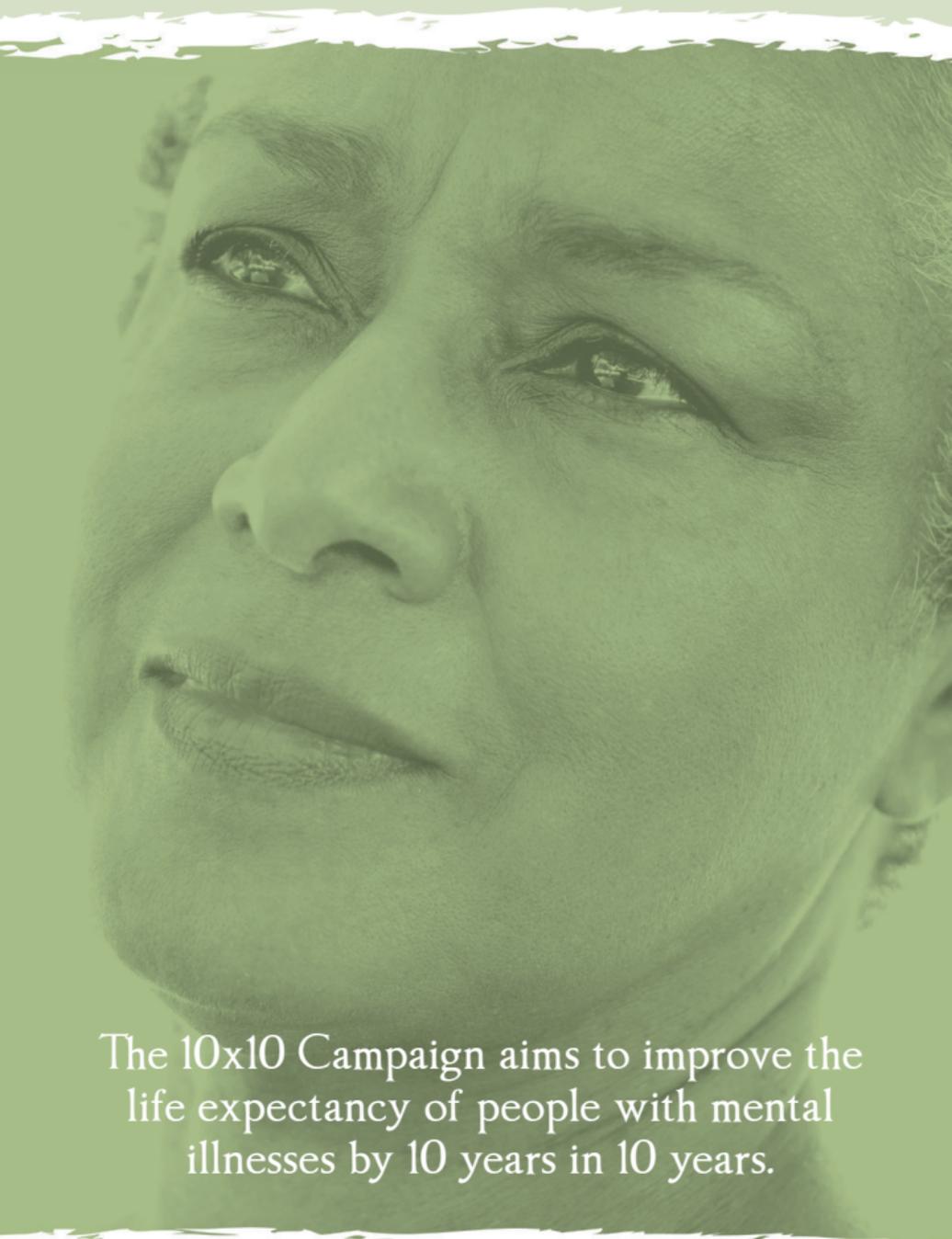


10×10
Wellness
CAMPAIGN
—SAMHSA—



INFORMATION FOR CONSUMERS



The 10x10 Campaign aims to improve the life expectancy of people with mental illnesses by 10 years in 10 years.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Wellness is physical, emotional, social, occupational, intellectual, financial, environmental, and spiritual.

Information for Consumers

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 **8 Dimensions of Wellness** apply to you.

The Federal Government has spearheaded the **10x10 Wellness Campaign** to promote the importance of addressing all parts of a person's life in hopes of increasing life expectancy for persons with mental health problems by 10 years over the next 10 years. More than 1,000 persons and organizations have signed the pledge for wellness.

To find out more, visit www.10x10.samhsa.gov.



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 wellbeing.

Financial

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

Emotional

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

Environmental

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

Be a quitter—Stop smoking!

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

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 group as a book club or support group. Volunteer!

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.

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)
www.samhsa.gov
- FDA Office of Women's Health
www.fda.gov/womens
- US Department of Health and Human Services
www.hhs.gov
- Center for Psychiatric Rehabilitation
www.bu.edu/cpr
- National Alliance on Mental Illness (NAMI)
800-950-NAMI; www.nami.org
- Healthier US
www.healthierus.gov
- The National Empowerment Center
800-POWER2U; www.power2u.org
- The National Wellness Institute
www.nationalwellness.org

The views, opinions, and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS. Inclusion on this list of resources does not constitute endorsement by SAMHSA or HHS.



Achieving wellness involves
ACTION and COMMITMENT.

Don't wait to get well. Be part
of the achievement of the 10x10
Wellness Campaign's goal!



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