

Family Voice Bulletin – Issue 31 (March 1st /2022) Goals & Wellness

Summarized by KJ (Krystal-Jyl) Thomas, MSW, RSW

In this week's session, facilitators KJ Thomas, MSW, RSW and Jillian Crabbe MSW, RSW were joined by Sara Richardson, B.A.Sc, R/TRO, manager of patient care services. Wellness encompasses many different things and can look different in varying parts of our life. It's helpful to think about wellness as a continuum; something we can work towards throughout our life. Finding ways to connect to leisure and recreation can help us in all areas of our wellness. While it can feel selfish to turn our focus inward, it is vital for ourselves and those around us. To be able to keep giving to our family, friends, and community, we must give to ourselves. All domains of wellness need our attention.

Domains of wellness

- **Emotional** – This is the area of positive emotional experiences. Music, film, or other creative arts can help us express our emotions.
- **Physical** – Exercise and movement contribute to body and mind wellness. Even five minutes per day benefits the body and brain.
- **Intellectual** – Solving mysteries, or riddles, crosswords, Sudoku, and Wordle help us flex our intellectual brain power.
- **Social** – Time spent with family, friends, joining groups, volunteering, leisure time with co-workers can improve our wellness.
- **Spiritual** – Spending time in places you feel are sacred and allow you to connect to yourself (spirituality or in nature) is a good way to cultivate a sense of purpose and meaning in life.

One helpful way to boost personal wellness and keep you moving in the right direction is to set goals. Reflect on areas you'd like to improve and set a SMART goal (Specific, Measurable, Attainable, Realistic, Timely). Aim for things that get you in the "flow zone," meaning not too difficult and not too easy – a balance of challenge and skills.

Tips to get you started:

- Make a good decision, it doesn't have to be the best (decision making can be stressful, take some pressure off by taking first steps towards a good decision).
- Start with small goals, for a brief time (this removes some of the pressure).
- Try to stick with your decision even if you don't feel like it. Motivation will not always accompany our choices, especially in the beginning.
- Connect your goals to "the bigger picture" to help get you going.

Things to try:

- Creative arts
- Time in nature
- Mindfulness
- Pet therapy
- Music
- Exercise
- Recreational sports