

WELLNESS TIPS
GLOBAL WELLNESS DAY
Saturday, June 12

“One day can change your whole life” is the slogan for Global Wellness Day (GWD), which was founded in 2012 in Turkey by Belgin Aksoy, based on her belief that wellness is not a luxury but an inherent right for everyone. GWD is now celebrated in 170 countries. The purpose of GWD is to ask, “How can I live a healthier and better life?”

Wellness encompasses more than physical health and the absence of illness. It is a holistic perspective that involves a process associated with awareness and making choices with the goal of experiencing a healthy and fulfilling life.

Six dimensions of wellness that are the focus of Global Awareness Day:

- PHYSICAL- diet, exercise, sleep, avoiding harmful habits, taking safety precautions, addressing signs of illness.
- SPIRITUAL- striving for meaning and purpose, with guiding beliefs and values that give meaning.
- SOCIAL- connecting and interacting with others, having a support network of friends and family, contributing to local and larger communities.
- ENVIRONMENTAL- awareness of, and contributing to, the health of the planet; protecting oneself from hazards, working to eliminate environmental hazards.
- EMOTIONAL- ability to experience/express a variety of emotions, achieving a sense of fulfillment, includes self-esteem, self- acceptance, optimism, ability to trust.
- MENTAL- engaging in the world through learning, problem-solving, creativity.

Wellness involves being proactive in your life and taking responsibility for trying to create and maintain balance as life demands in each dimension change. Achieving a balance does not mean the dimensions will be equal. And this balance will look different for each of us.

Global Wellness Day encourages incorporating at least some of these 7 steps into your daily life:

1. Walk for an hour.
2. Drink more water.
3. Do not use plastic bottles.
4. Eat healthy food.
5. Do a good deed.

6. Have a family dinner with your loved ones.
7. Sleep at 10PM

Have you been thinking about a change you would like to make that would contribute to your sense of wellness? Or consider taking one of the 7 steps GWD encourages. Saturday, June 12 would be a good day to take that step!

GWD 2021 Global Press Release - Global Wellness Day.

<https://www.globalwellnessday.org/gwd-2021-global-press-release/>

Global Wellness Institute. "What is Wellness?"

<https://globalwellnessinstitute.org/what-is-wellness/>

Grand Rapids Community College. "Seven Dimensions of Wellness."

<https://www.grcc.edu/faculty-staff/human-resources/professional-development/wellness/seven-dimensions-wellness>

Check the MSCC Website for past Wellness Tips:

<https://medicine.uiowa.edu/md/student-support/student-counseling/mscc-wellness-programs-and-resources>

If you would like to discuss questions or concerns, feel free to contact the MSCC to talk with a counselor or schedule an appointment.

Be proactive and stay well!

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