



GBS Health & Wellness

# Setting Yourself Up for Success

According to the World Health Organization, health is a state of complete wellbeing, and not merely the absence of disease or infirmity. One's health status is influenced by physical, intellectual, emotional, social, environmental, and financial factors. These factors are known as the dimensions of health, they are interrelated to each other, and they help to make up the wellbeing of a person. With the start of the new year, instead of having the traditional resolutions focused around healthy diet or exercise, set some goals to keep all aspects of wellbeing in check! Keep in mind, improving all areas of health won't happen overnight. Setting yourself up for optimal health requires time, dedication, maintenance, and patience! Remember to keep your goals simple and achievable, and most importantly, have a happy, healthy new year.

**Physical Health:** Some of the most obvious and serious signs that an individual is unhealthy are portrayed physically. Physical wellbeing can impact all other aspects of wellness, so it's important to address this dimension in order to sustain a healthy lifestyle.

Physical Goal: \_\_\_\_\_

**Intellectual Health:** Intellectual health is important for you to reach your own potential and is key in allowing you to work productively. Optimal intellectual wellness not only encourages learning, it stimulates curiosity and is a motivator to try new things.

Intellectual Goal: \_\_\_\_\_

**Emotional Health:** Emotional wellness is the ability to successfully handle life's stressors, adapt to change, and cope with difficult times. Being emotionally healthy does not necessarily mean you are happy all the time, it means you are aware of your emotions and know how to deal with both positive and negative situations.

Emotional Goal: \_\_\_\_\_

**Social Health:** Social wellness means having healthy, nurturing, and supportive relationships with people around you. It keeps other determinants of health in peak condition and can boost your immune system.

Social Goal: \_\_\_\_\_

**Environmental Health:** Many people think of environmental health as having clean water and air, but these are just small pieces of a great puzzle. In fact, environmental health involves monitoring and addressing physical, chemical, and biological factors that we might not have direct control over, but can impact our health.

Environmental Goal: \_\_\_\_\_

**Financial Health:** Financial wellbeing captures one's personal financial situation. It involves assessing the amount of savings you have, how much you are setting aside for retirement/rainy days, and how much income you are spending. Financial health is also very important to maintain physical and mental wellbeing. When finances get out of hand, it can lead to excessive stress, and when finances are not in order, health promoting practices can drop.

Financial Goal: \_\_\_\_\_

Sources: [1](#) [2](#) [3](#) [4](#)



## Systems Synchronized



Wellness extends far beyond eating well or exercising often. Our GBS approach aims to integrate physical, intellectual, emotional, social, environmental, and financial wellness. Each of these six dimensions act and interact in a way that contributes to our own quality of life, impacting both career and personal pursuits. Read below to gain insight on each aspect of wellness outlined.

- **Physical** - Physical wellness is often the first thing that comes to mind when thinking about wellbeing. A physically well lifestyle consists of maintaining the health of each of your eleven body systems. This includes, but is not limited to, the following practices: maintaining a healthy weight, regularly eating fruits and vegetables, consistently exercising, and abstaining from harmful substances such as tobacco and excessive use of alcohol.

*Did you know? Employees with poor health behaviors have up to nine times the annual absence related to illness compared to their healthier peers!*

- **Intellectual** - Intellectual wellness allows for continual learning, a sense of accomplishment, increased self- efficacy, engagement, and brings a sense of purpose.

*Did you know? The brain has no known capacity limit and restructures itself to work efficiently, depending on what it is being used for. This means that the more you learn, the faster you will learn!*

- **Emotional** - Emotional wellbeing is important in avoiding mental illness and finding joy each day.

*Did you know? Productivity loss due to presenteeism is roughly three times greater than absence-related productivity loss.*

- **Social** - Social wellbeing comes with a high sense of purpose and belonging. Humans are social creatures and require social connections in order to thrive.

*Did you know? People with a best friend at work are seven times more likely to engage fully in their work.*

- **Environmental** - Environmental wellbeing involves contributing to taking care of your surroundings by being mindful of waste and pollution.

*Did you know? A single recycled plastic bottle creates 20% less air pollution and 50% less water pollution than would be created when making a new bottle.*

- **Financial** - Financial wellness affect choices that are available to us and stress that we may experience.

*Did you know? Four out of five employers report that their employees' personal financial issues are impacting their job performance.*

