

Teacher Wellbeing

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Dimensions of Well-being

From Universities of Wisconsin Employee Well-being information

<https://www.wisconsin.edu/ohrwd/well-being/> | 1.14.2023



- **Emotional** – Cultivating an emotional capacity that encompasses **optimism, self-esteem, self-acceptance**, and the ability to form healthy relationships.
- **Environmental** – Encouraging a way of life that maximizes **harmony with the earth and minimizes harm to the environment**.
- **Financial** – Ensuring the ability to effectively **manage your current and future economic life**.
- **Intellectual** – Exercising the mind through **creative and stimulating mental activities** to expand knowledge and improve skills.
- **Occupational** – **Using your gifts, skills, and talents** in order to gain purpose, happiness, and enrichment as part of a balanced life.
- **Physical** – Making a habit of healthy behaviors **including adequate exercise, proper nutrition, and abstaining from harmful habits**.
- **Social** – Developing the ability to **interact successfully** in our local and global community and **creating networks of support**.
- **Spiritual** – Possessing a set of guiding beliefs, **principles, or values that help give direction to one's life**.

Self-care jar

