WELLNESS

FOR STUDENTS AND STAFF







4/20/24

Caring for Ohio's Children
Ohio Association of School Nurses Conference

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Network for School Success

Mental Health

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YOUR PRESENTERS



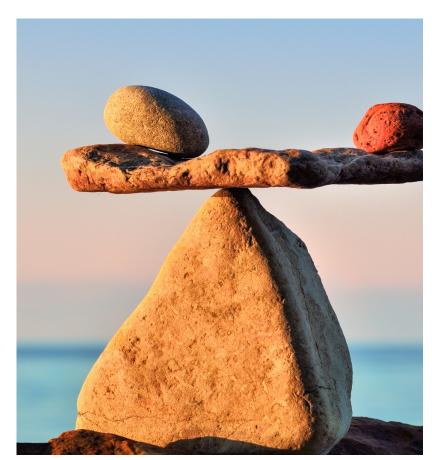
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Cultivate understanding and build awareness of the 8-dimensions of wellness

OBJECTIVES FOR THIS SESSION

 Apply and Integrate the dimensions through demonstrated activities



• Encourage participants to become advocates for wellness and inspire change in their own school communities to benefit their students





WELLNESS IS...



The path to great health and vitality that allows us to have great relationships so we can meet our need to belong, have influence and success.



Wellness Improvement System Model

SPIRITUAL WELLNESS

- · Self Esteem, Personal Style, Vision, Purpose
- · Culture, Core Values, Beliefs, Balance
- Religion, Faith, Value Alignment, Hope, Trust

INTEGRITY

SOCIAL WELLNESS

- Community, Celebration, Network, Consideration
- Cultural Competency, Family, Friends
- Hospitality, Status, Listening, Sharing
- Attending

RESPONSIBLE COMMUNICATION

EMOTIONAL WELLNESS

- Self Awareness, Assertiveness
- · Fear, Anger, Disillusionment, Shame, Guilt
- Joy, Happiness, Optimism, Relaxation
- Resentment, Passiveness, Doubts, Stress

SELF MASTERY

OCCUPATIONAL WELLNESS

- Career Managment, Contribution, Career Goals, Job Satisfaction
 Healthy Working Environment, Healthy Work Choices
- Performance, Productivity, Efficiency, Professionalism
- Leadership, Management, Resources

ENGAGEMENT

Ø Joyce Odidison

INTERPERSONAL

- Relationship with Self & Others
 - Purposeful Engagement
 - Conflict Management
 - Self Awareness
 - Collaboration
 - Negotiation
 - Forgiveness Belonging
 - Teamwork
 - Power
 - Fun RESILIENCE

INTELLECTUAL WELLNESS

Accountability, Reliability, Knowledge •

- Time Management, Reflection .
- Education, Experience, Personal Growth .
- Goal Setting, Critical Thinking, Decision Making .

CAPACITY BUILDING

ENVIRONMENTAL WELLNESS

- Healthy Living Environment .
- Caring, Social Responsibility, Dignity
 - Diversity, Acceptance, Tolerance •
 - Honor, Personal Impact, Respect -

INTERDEPENDENCE

FINANCIAL WELLNESS

- Financial Growth, Savings, Earning Potential •
- Income Generating, Equity, Money Management -
- Creativity, Investments, Budget, Debt Elimination
 - Resource Management, Long Term Planning •

INNOVATION

PHYSICAL WELLNESS

- Self Motivation, Appearance, Stamina •
- Focusing, Chronic Disease, Addictions •
- Exercise, Health, Self-Care, Rest •
- Commitment, Nutrition, Weight Management •

VIBRANCY



8-Dimensions of Wellness



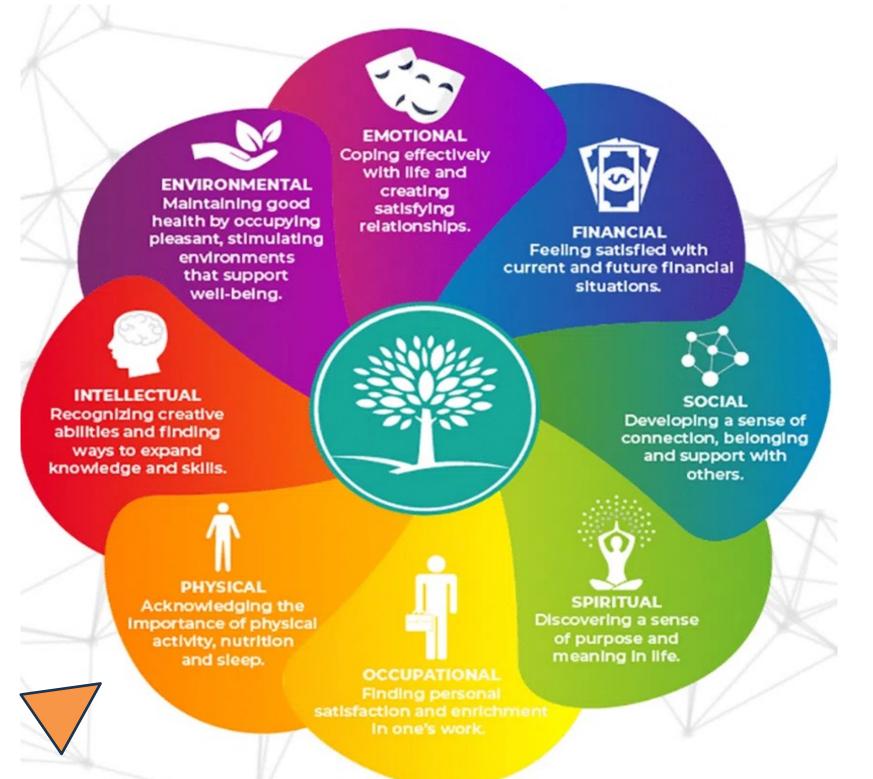


Network for School Success

Source: https://www.buddhistmala.com/the-8-pillars-of-wellness-and-health-the-new-dharma/



PHYSICAL WELLNESS



Appearance Stamina **Chronic Disease** Addictions Exercise **Self-Care** Rest Nutrition Weight Management Focusing **Self Motivation**





INTELLECTUAL WELLNESS



Maintaining good health by occupying pleasant, stimulating environments that support well-being.



EMOTIONAL Coping effectively with life and creating satisfying relationships.



FINANCIAL Feeling satisfied with current and future financial situations.

SPIRITUAL



INTELLECTUAL Recognizing creative abilities and finding ways to expand knowledge and skills



SOCIAL

Developing a sense of connection, belonging and support with others.



PHYSICAL Acknowledging the Importance of physical activity, nutrition and sleep.



Discovering a sense of purpose and meaning in life. OCCUPATIONAL

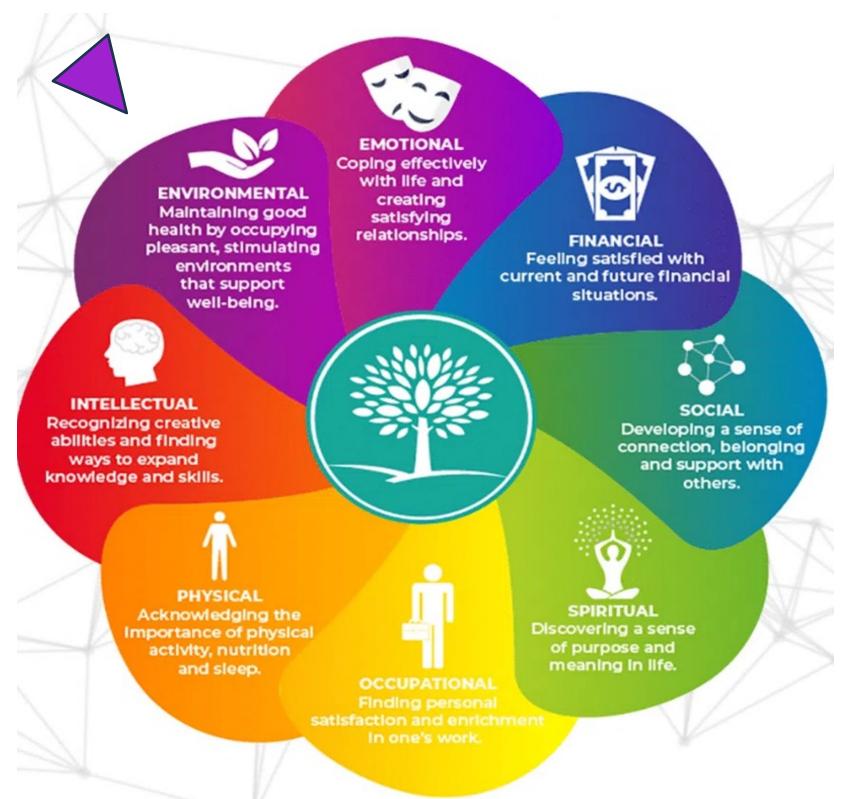
Finding personal

Accountability Reliability Knowledge **Time Management Problem Solving Education** Experience **Personal Growth Ability to Set Goals Good Decision Making** Reflection **Critical Thinking Risk Taking**





ENVIROMENTAL WELLNESS



Personal Impact Social Consciousness Diversity Acceptance Tolerance Interdependence Respect **Healthy Environment Safe Community**





OCCUPATIONAL WELLNES



Job Skills **Position Career Goals Healthy Work Space Professionalism Job Performance Job Satisfaction Career Opportunity** Competencies **Problem Solving** Leadership





SPIRITUAL WELLNESS



Self Esteem Personal Style Culture **Core Values** Beliefs Religion Faith Integrity **Balance** Hope Vision





FINANCIAL WELLNESS



Finding personal

Earning Potential Money Management Budget **Debt Elimination Long Term Planning Equity** Investments Savings Innovation **Income Generating**





EMOTIONAL WELLNESS

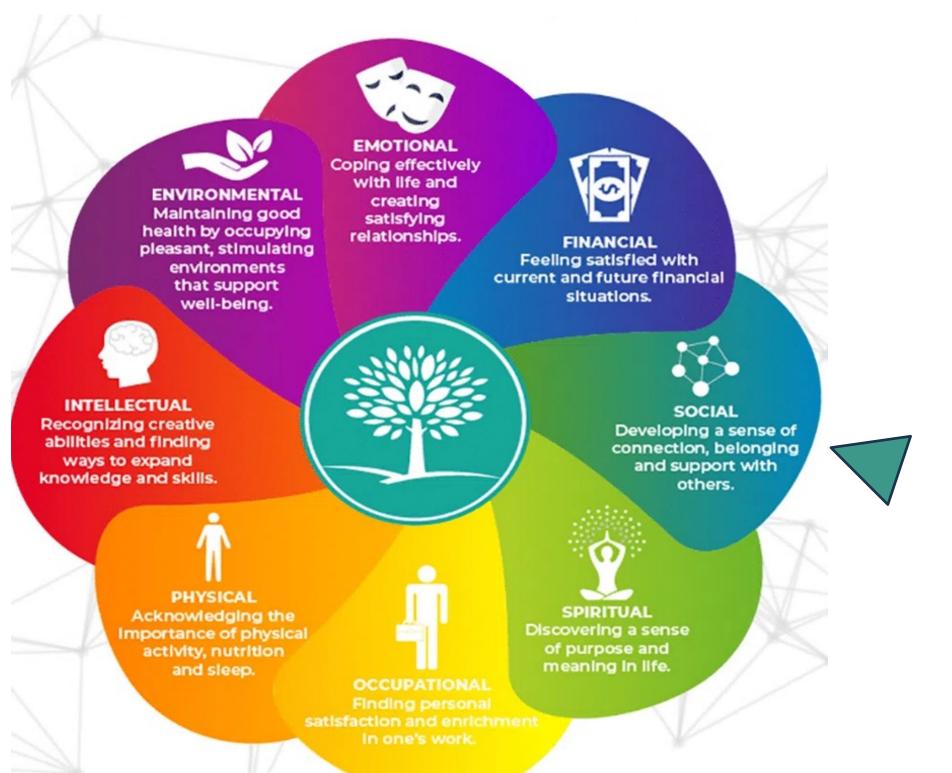


Self-Awareness Assertiveness Fear **Stress Management** Disillusionment Joy, Happiness **Optimism** Resentment **Passiveness Doubts Anger Management** Relaxation





SOCIAL WELLNESS



Community Celebration Family & Friends Networking Listening Sharing Hospitality **Status** Reliable Communication **Cultural Competency**





OMHNSS

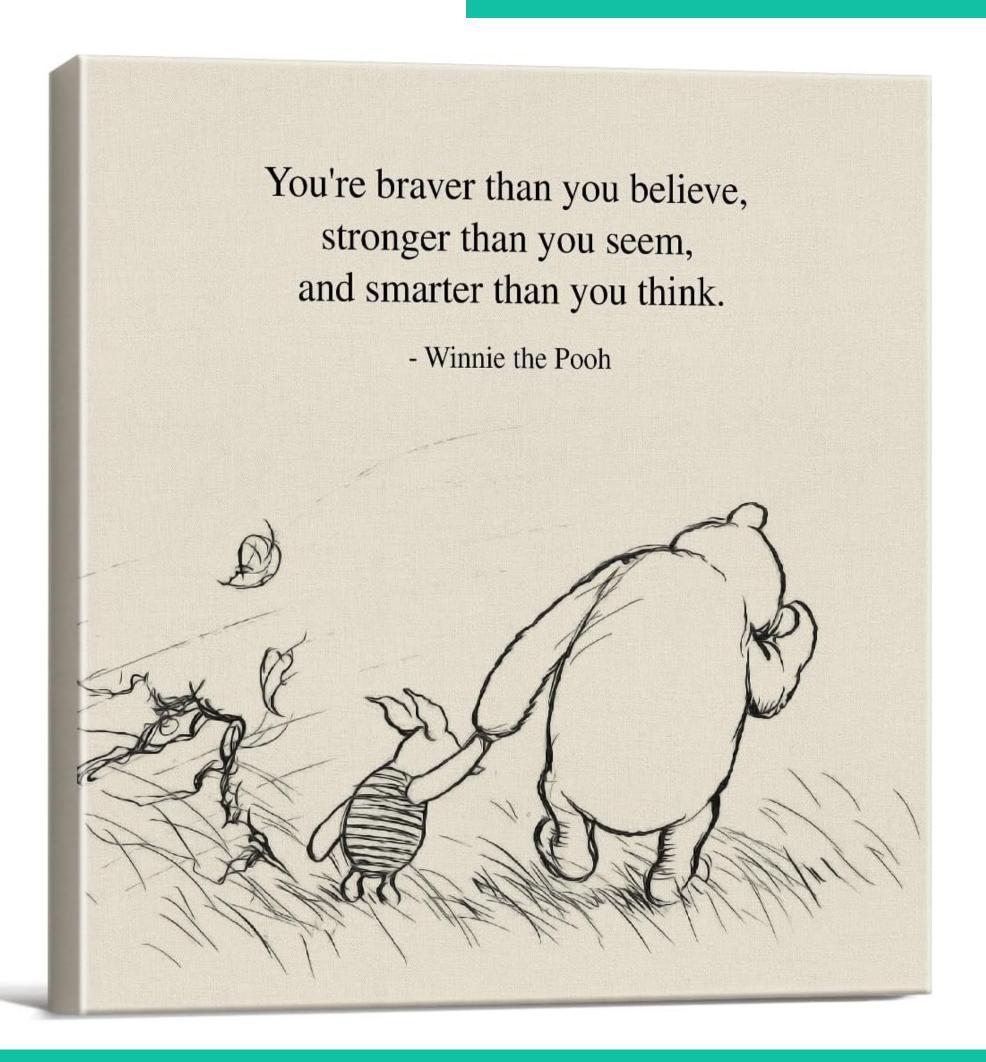
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Click the link above to receive OMHNSS Resources!

Scan the QR code below to join our OMHNSS listserv!



https://myohiowellness.com/



"School nurses are the unsung heroes of resilience, navigating the challenges of health and wellness for our children with unwavering strength and compassion."

Thank You, The OMHNSS Team

