

WELLNESSES

FOR STUDENTS AND STAFF



4/20/24

Caring for Ohio's Children

Ohio Association of School Nurses Conference



OHIO
Mental Health
Network for School Success

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OBJECTIVES FOR THIS SESSION



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



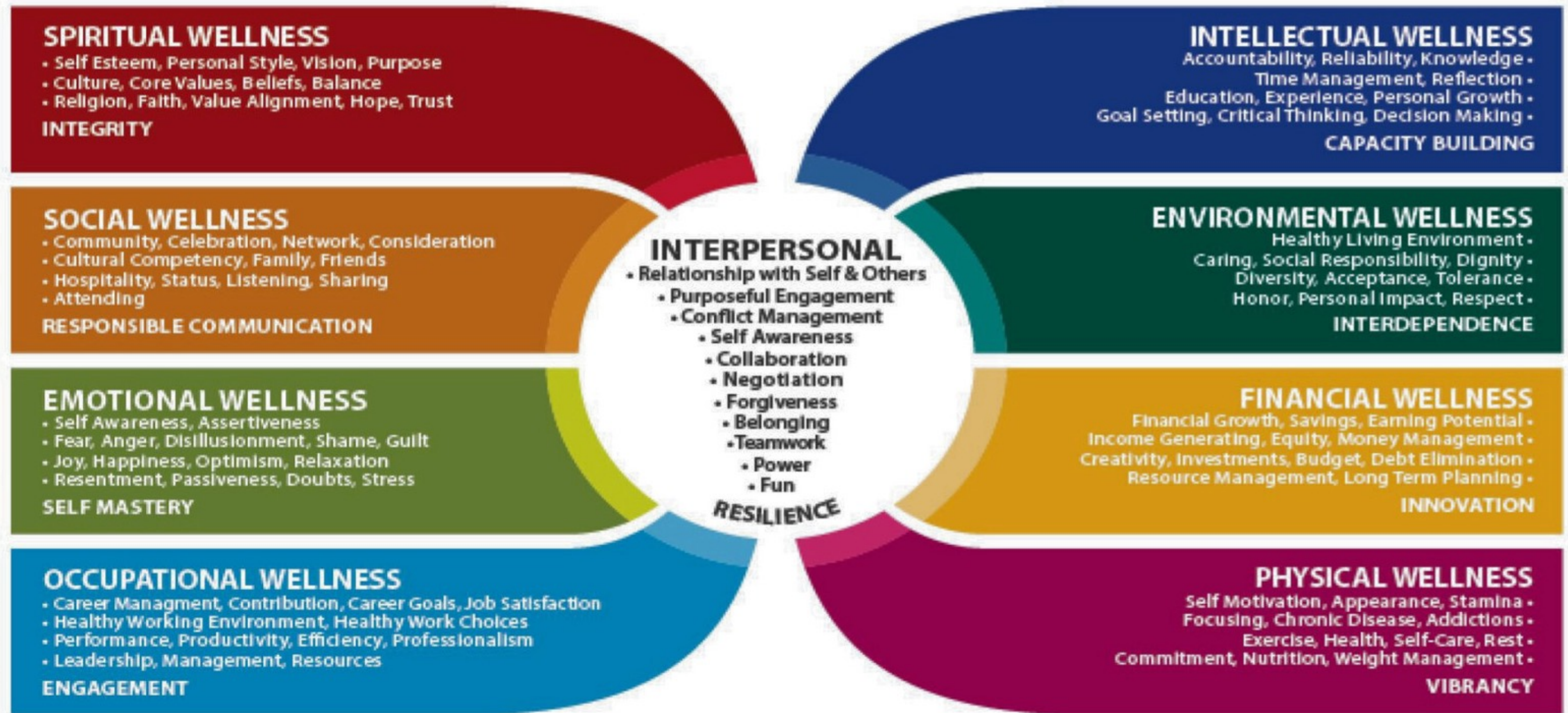
WELLNESS IS..



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



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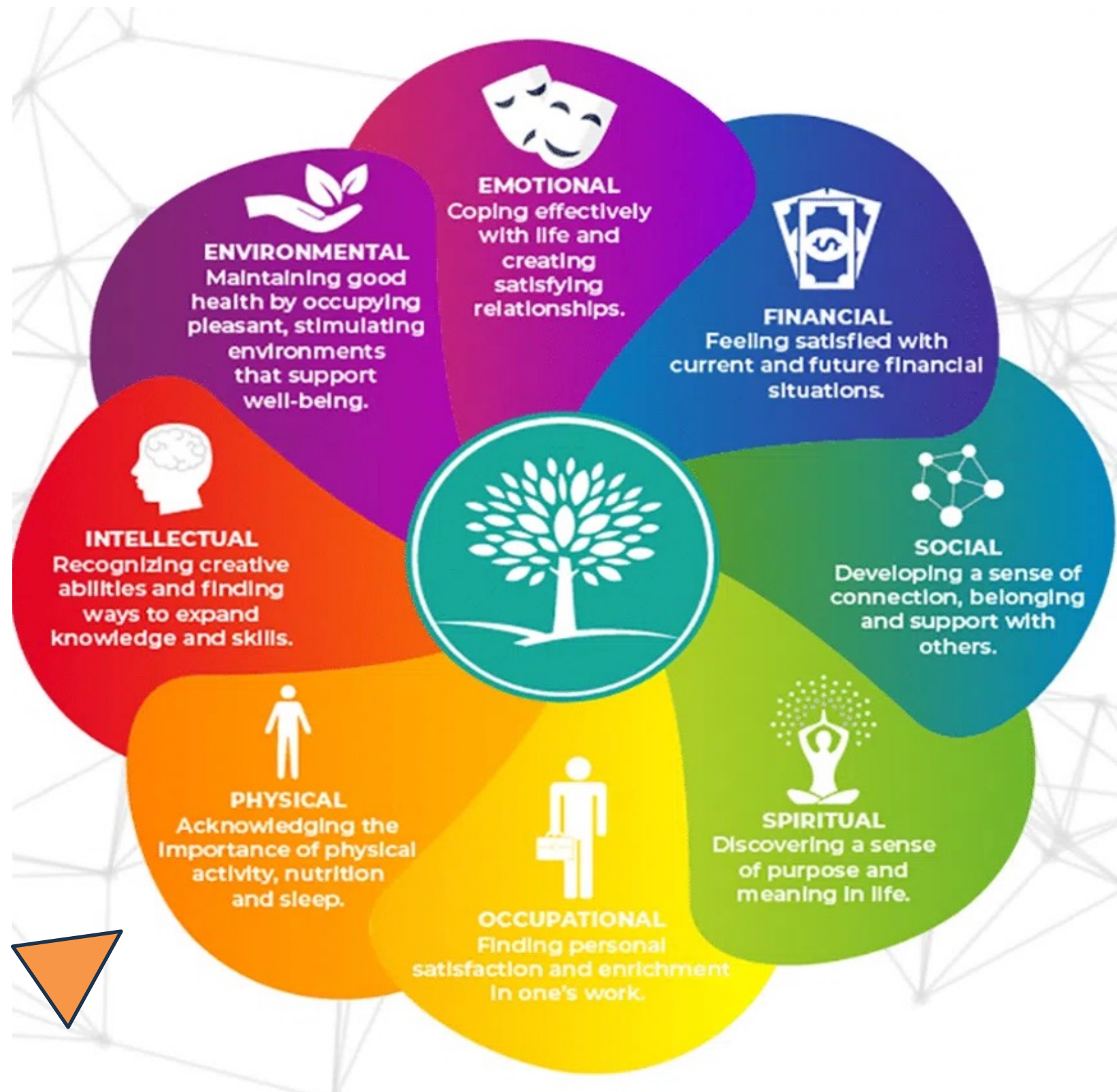
8-Dimensions of Wellness



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



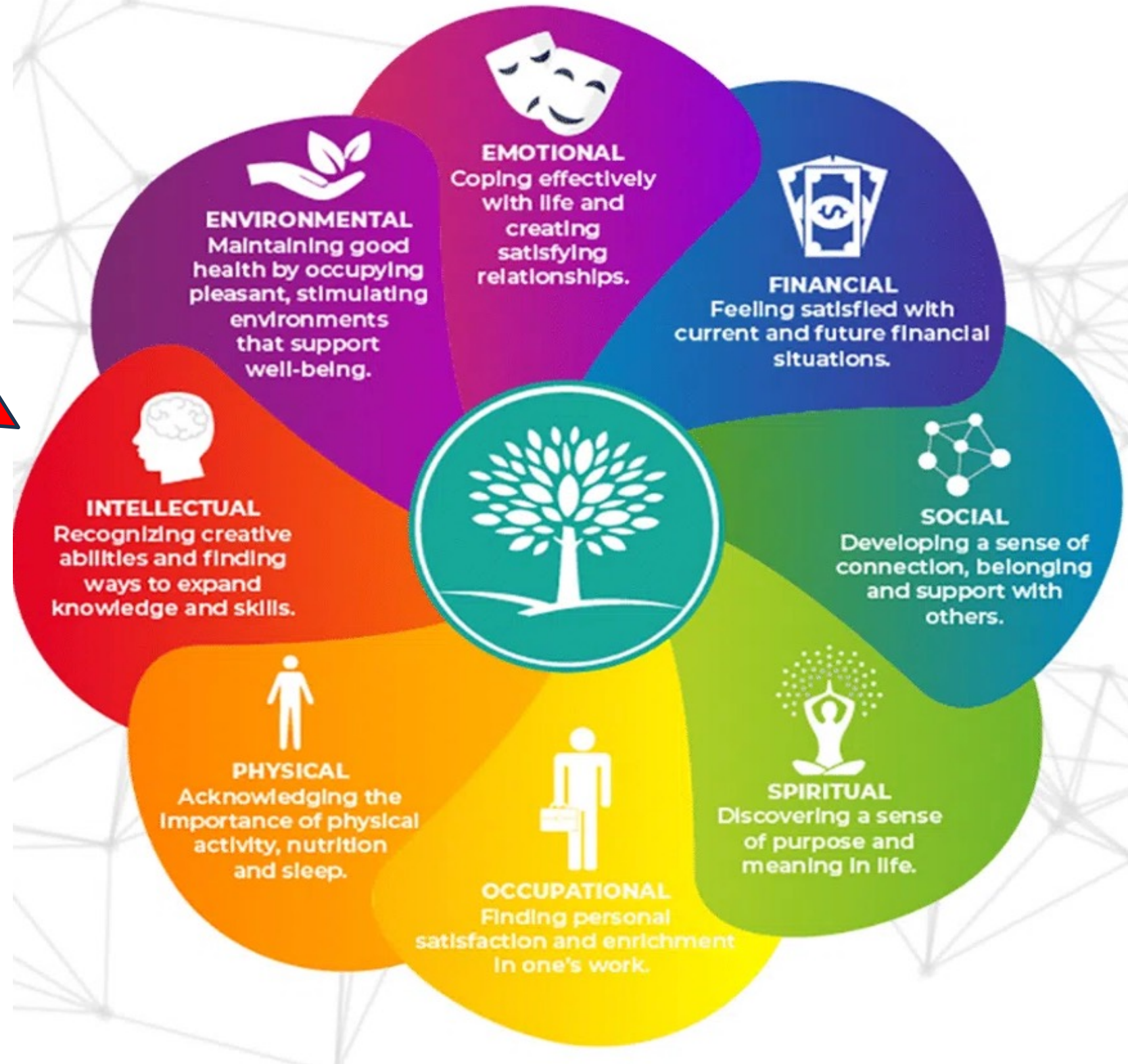
PHYSICAL WELLNESS



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



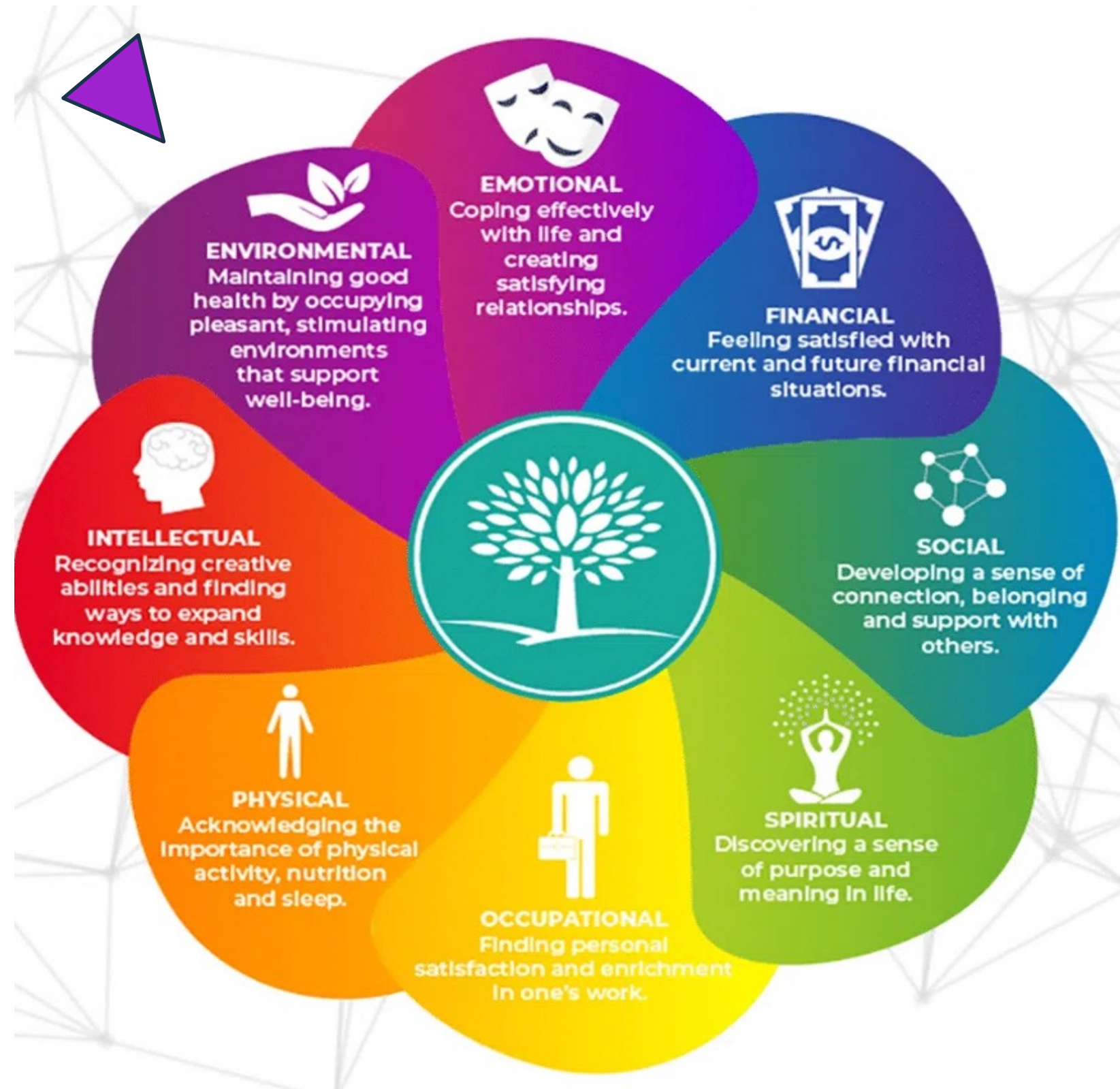
INTELLECTUAL WELLNESS



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



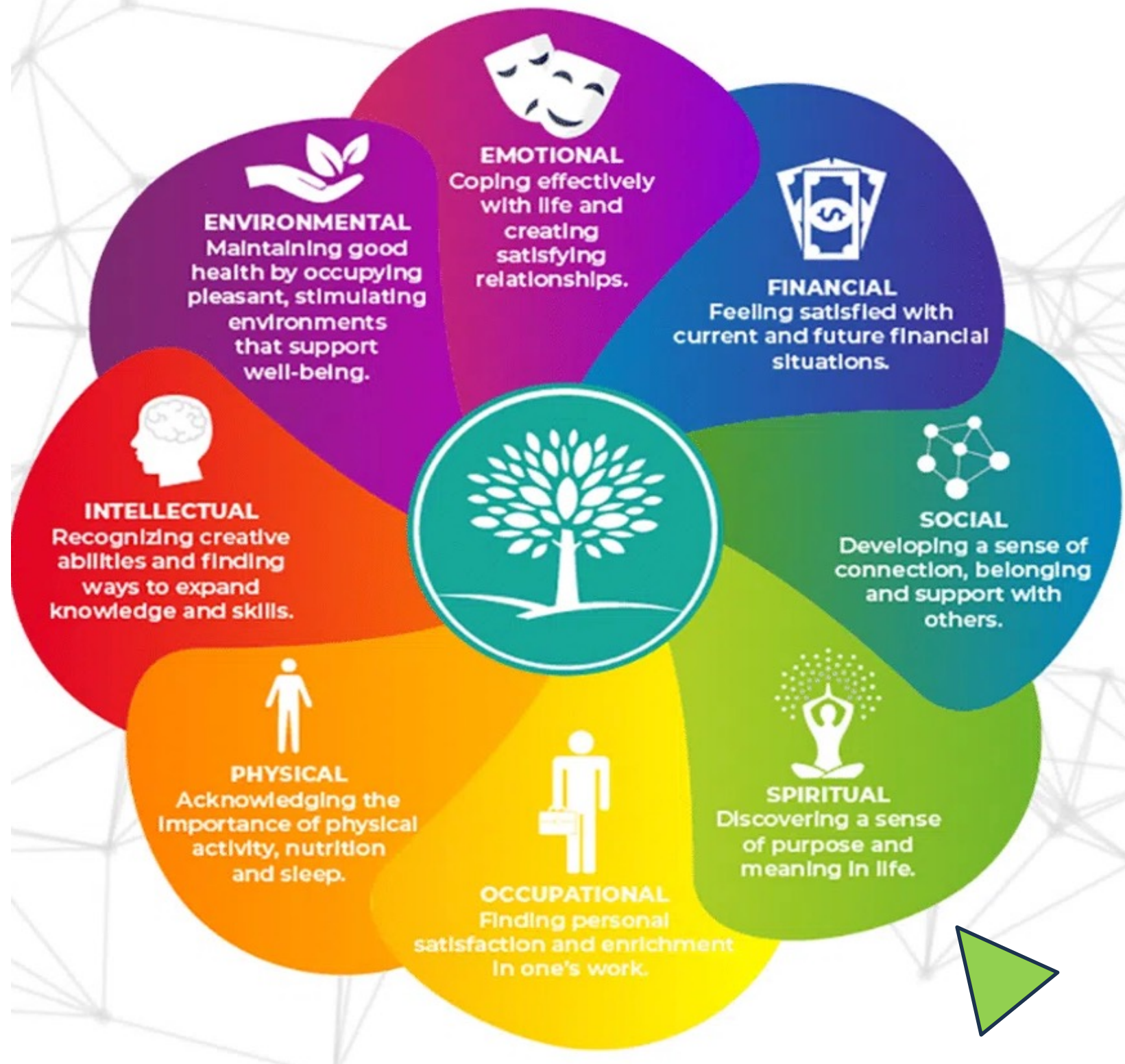
OCCUPATIONAL WELLNESS



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



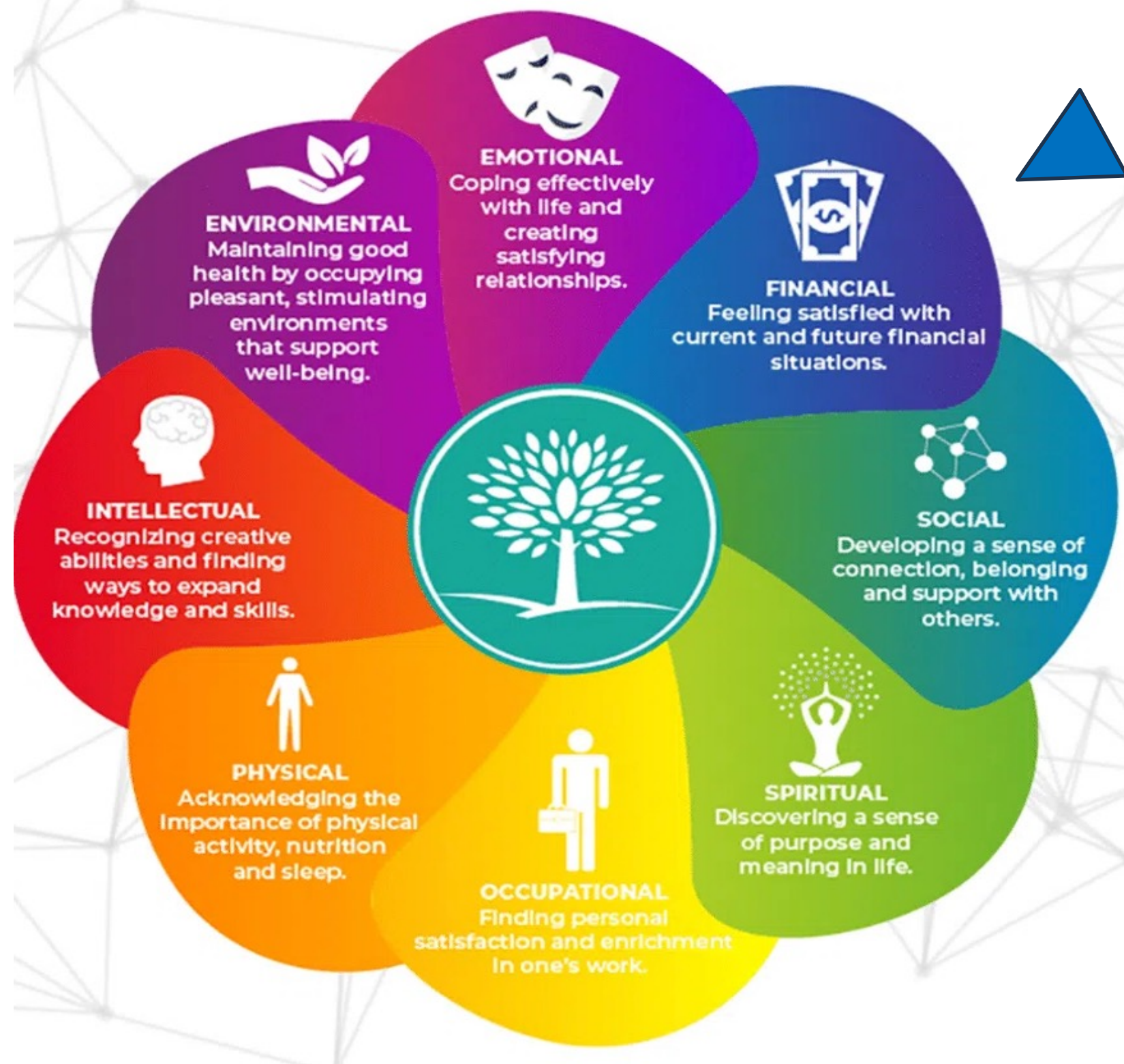
SPIRITUAL WELLNESS



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



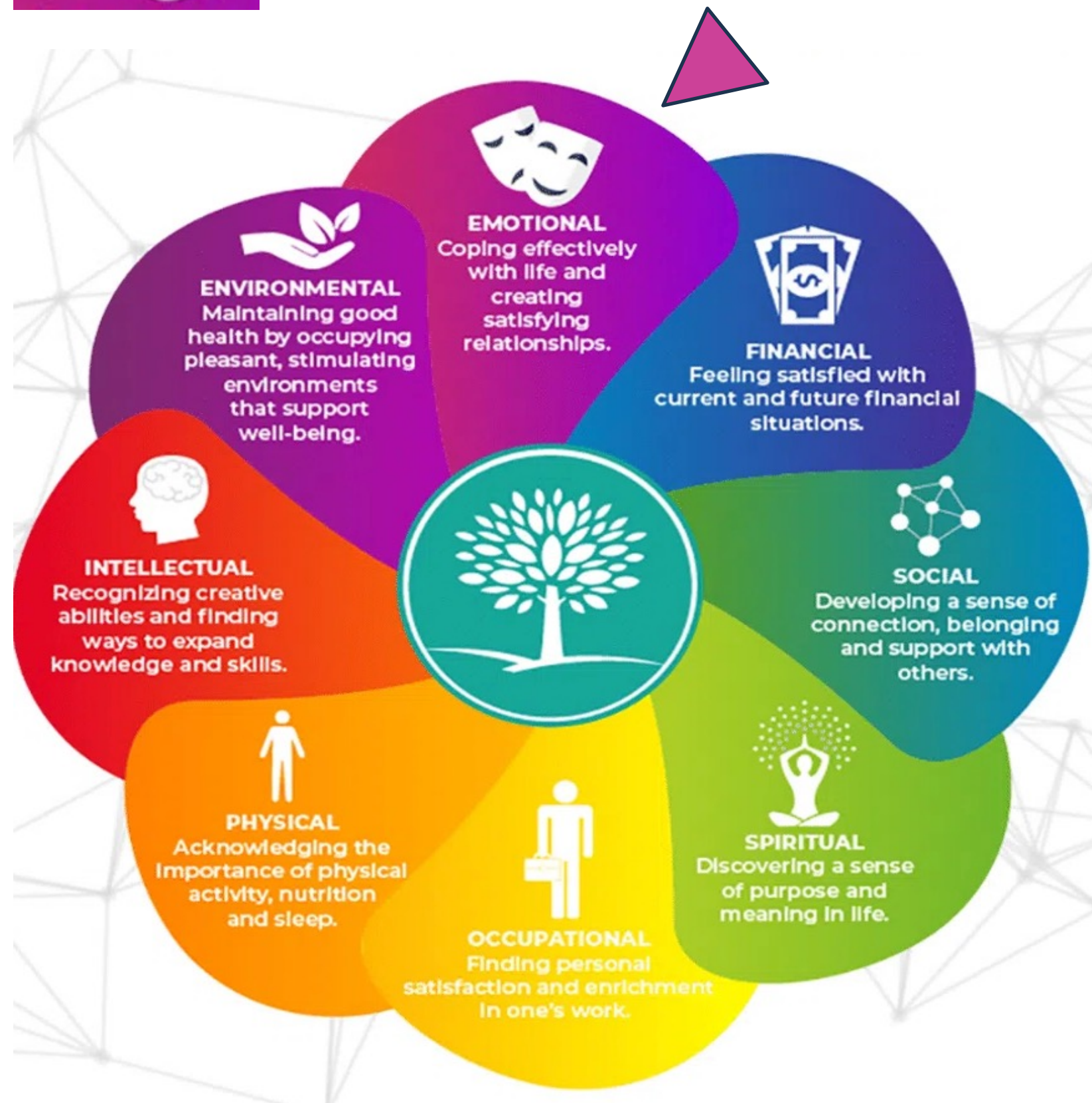
FINANCIAL WELLNESS



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



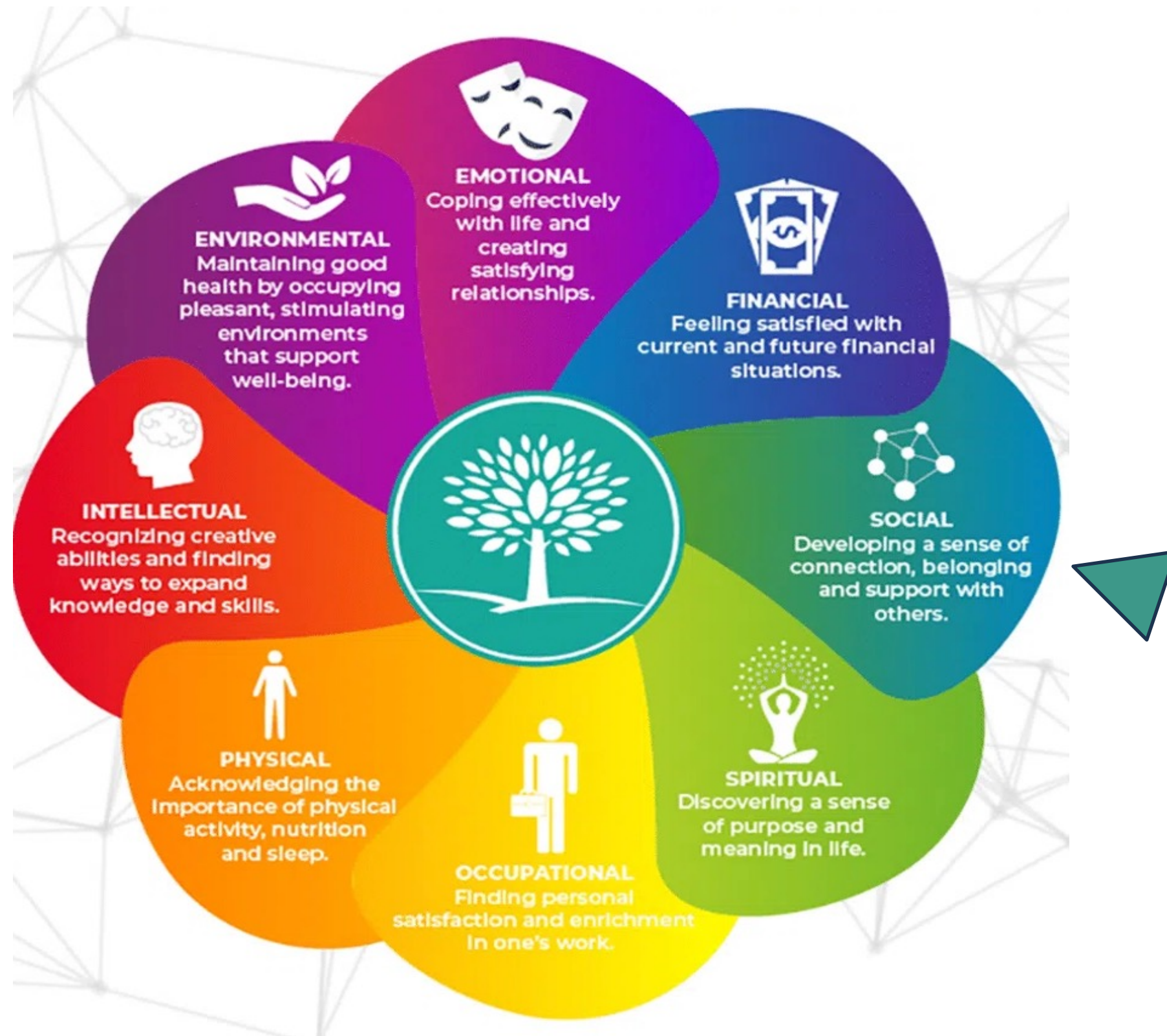
EMOTIONAL WELLNESS



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



**Scan the QR code
below to join our
OMHNSS listserv!**



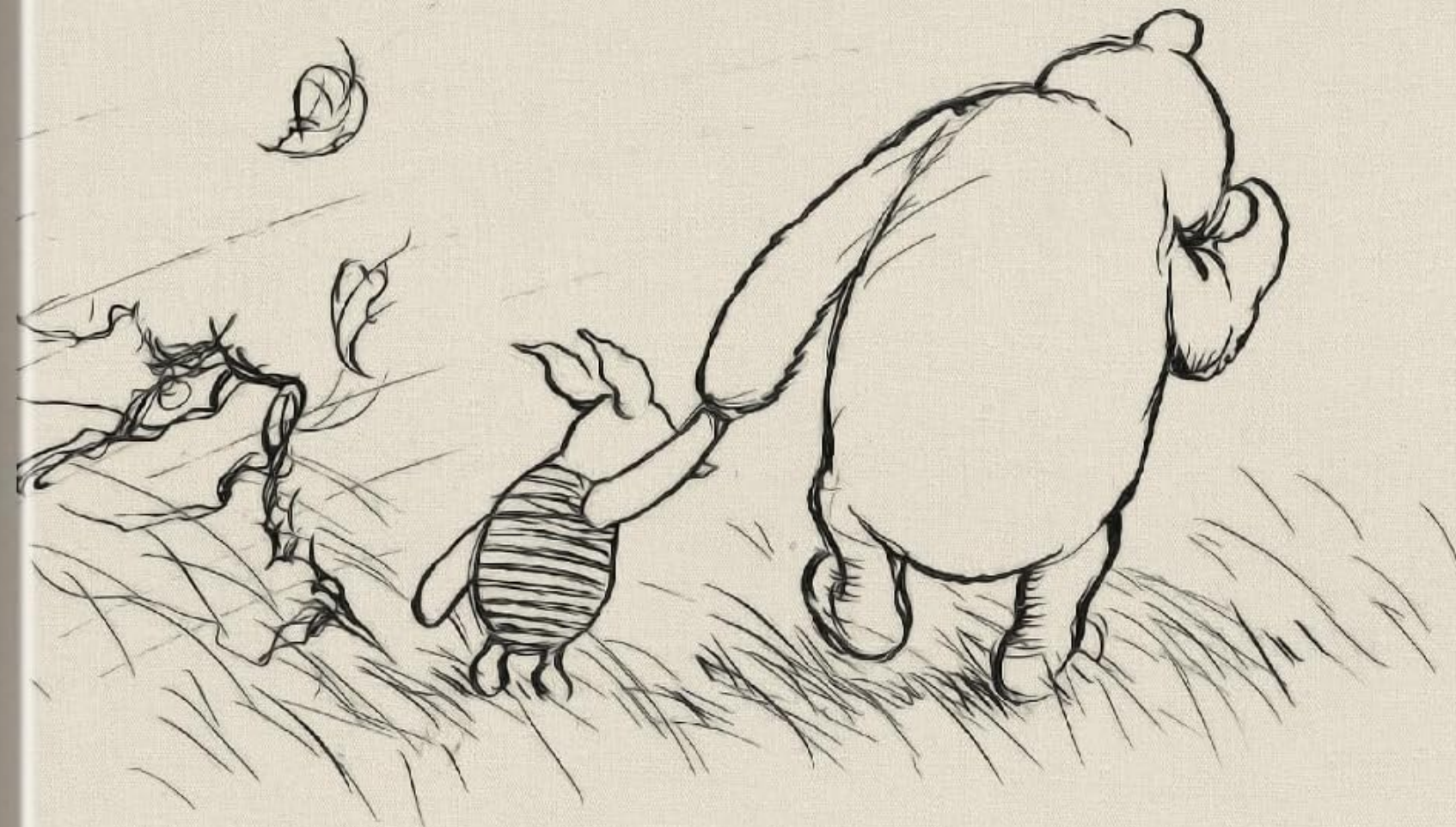
<https://form.jotform.com/240167929990166>

**Click the link above
to receive OMHNSS
Resources!**

<https://myohiowellness.com/>

You're braver than you believe,
stronger than you seem,
and smarter than you think.

- Winnie the Pooh



**"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

