WELLNESS FOR STUDENTS AND STAFF



4/20/24

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







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- wellness
- - change in their own school students

OBJECTIVES FOR THIS SESSION



 Cultivate understanding and build awareness of the 8-dimensions of

• Apply and Integrate the dimensions through demonstrated activities

• Encourage participants to become advocates for wellness and inspire communities to benefit their



WELLNESS IS..



have great and success.

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

Network for School Success

Ohio School Wellness Initiative Supporting Wellness for Students and Stoff

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



WORK WELL • LIVE WELL • PLAY WELL

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

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8-Dimensions of Wellness

ENVIRONMENTAL Maintaining good health by occupying

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

pleasant, stimulating

environments

that support

well-being.

INTELLECTUAL

Recognizing creative

abilities and finding

ways to expand

knowledge and skills.

OCCUPATIONAL Finding personal satisfaction and enrichment in one's work.

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



EMOTIONAL Coping effectively with life and creating satisfying relationships.



FINANCIAL Feeling satisfied with current and future financial situations.



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

SPIRITUAL Discovering a sense of purpose and meaning in life.



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 EMOTIONAL Coping effectively with life and ENVIRONMENTAL creating Maintaining good satisfying health by occupying relationships. FINANCIAL pleasant, stimulating Feeling satisfied with environments current and future financial that support situations. well-being. INTELLECTUAL SOCIAL **Recognizing creative** Developing a sense of abilities and finding connection, belonging ways to expand and support with knowledge and skills others. PHYSICAL SPIRITUAL Acknowledging the Discovering a sense Importance of physical of purpose and activity, nutrition meaning in life. and sleep. OCCUPATIONAL Finding personal

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**







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https://myohiowellness.com/

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



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



