



Alzheimer's & Dementia  
Organisation Kenya

*giving a helping hand*

# Actively caring for yourself and others

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# What is wellness?

- Wellness is not merely the absence of illness or distress – it is striving for positive physical, mental and social well-being.

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- It is a lifelong process of making decisions that support a more balanced life and enable you to maximize your potential.
  
- There are always opportunities for enhancing your wellness. A good place to start is self-reflection and goal-setting.



# Wellness Wheel

- The **Wellness Wheel** illustrates a **wellness** model . It has eight dimensions:

- ✓ emotional

- ✓ intellectual

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- ✓ physical

- ✓ social

- ✓ environmental

- ✓ Financial

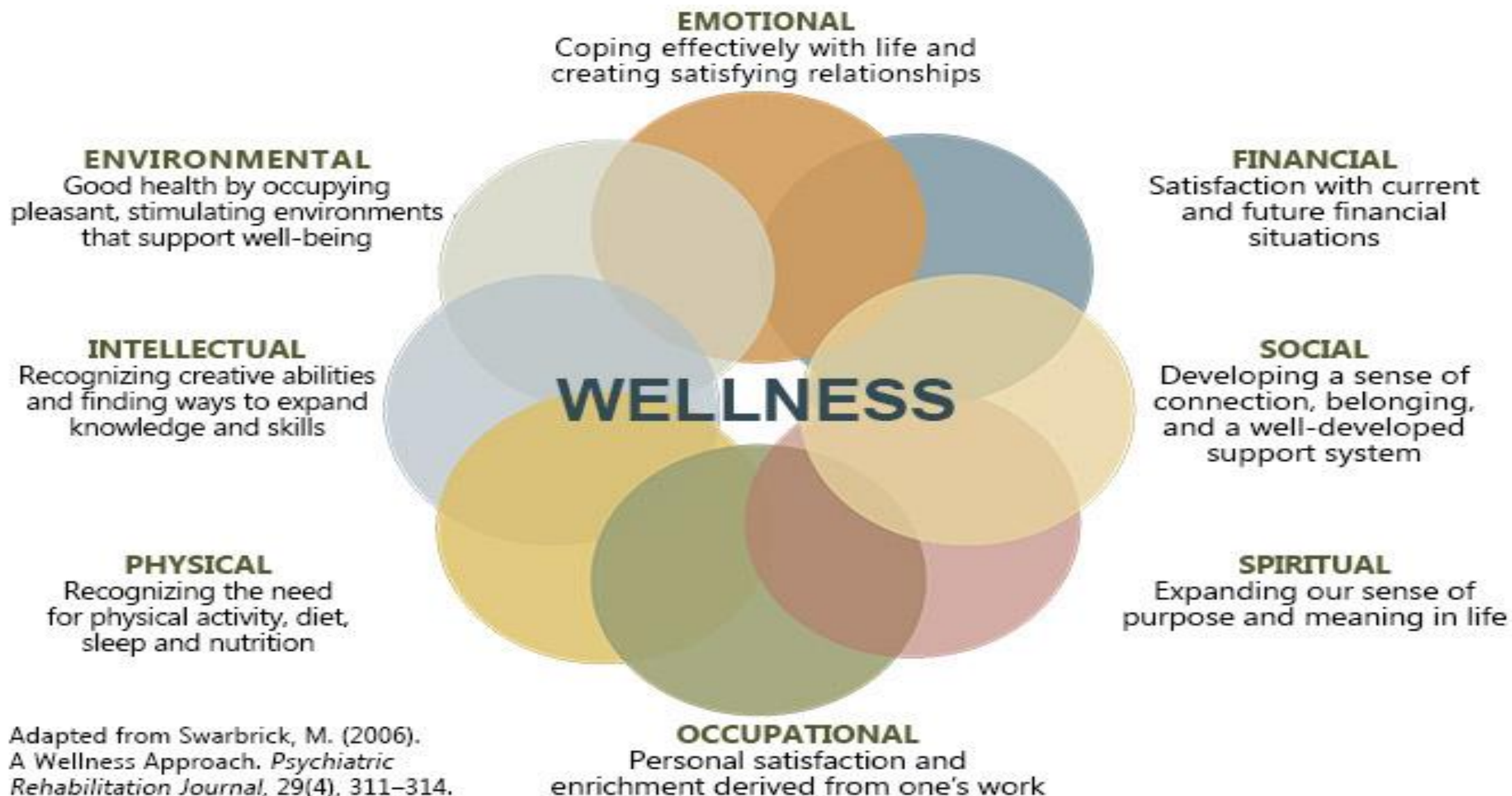
- ✓ Occupational

- ✓ spiritual.

- All of the dimensions are interconnected and important to a well-rounded and balanced lifestyle



# Wellness Wheel



Adapted from Swarbrick, M. (2006).  
A Wellness Approach. *Psychiatric  
Rehabilitation Journal*, 29(4), 311-314.



# Emotional Wellness

- Emotional wellness is
  - ❖ understanding your own feelings
  - ❖ expressing emotions in a constructive way.
  - ❖ ability to manage stress and cope with life's challenges.
- ✓ Learn relaxation and how to manage stress .
- ✓ Cultivate an awareness of your thoughts and feelings
- ✓ Develop confidence in your abilities.
- ✓ Practise how to express both negative and positive feelings constructively
- ✓ Use assertive communication
- ✓ Take responsibility for your actions and learn from your decisions, without self critical thoughts



# Environmental Wellness

- Environmental wellness involves:
  - ❖ considering the interactions between your environment
  - ❖ your community
  - ❖ yourself.
  - ❖ It includes ones *social environment*.
- ✓ use available resources to improve your environment
- ✓ have behaviour that foster a safe and healthy environment for others
- ✓ Not condoning disrespectful and harassing behaviours – that create negative environments



# Intellectual Wellness

- Intellectual wellness is:
  - ❖ engaging in creative and mentally-stimulating activities,
  - ❖ expanding your knowledge
  - ❖ imparting knowledge to others.
  - ❖ You can also develop intellectual wellness through academic pursuits, but also through cultural, artistic or skill-based learning.
- ✓ Listen to and consider the perspectives of others to improve critical thinking.
- ✓ Attend conferences, talks and programs that increase your knowledge in various areas.
- ✓ Participate in a new activities or join groups that help you to stay open-minded to expand your horizons.
- ✓ Pursue new opportunities to experience a new language or culture.



# Occupational Wellness

- Occupational wellness is :
  - ❖ finding fulfilment from your work
  - ❖ contributing meaningfully
  - ❖ continuing to expand your skills and strengths.
- ✓ Look for opportunities to use your talents and skills to contribute positively
- ✓ Make it a priority to find paid and volunteer opportunities that interest you.
- ✓ Learn skills that will help you accomplish your goal, such as time management and communication
- ✓ Identify and reduce occupational stress .
- ✓ Find a balance between work and leisure time.





# Financial Wellness

- ✓ Managing your resources to live within your means,
- ✓ making informed financial decisions and investments,
- ✓ ~~setting realistic goals, and preparing for short-term and long-term needs or emergencies~~
- ✓ Being aware that everyone's financial values, needs, and circumstances are unique



# Physical Wellness

- Physical wellness comes from:-
  - ❖ making choices to avoid harmful habits and practice actions that support your physical body, health and safety.
  - ❖ It includes choices about physical activity, healthy eating, sleeping, getting medical care, and use of alcohol, other drugs and tobacco.
  - ✓ Obtain prompt care for illnesses.
  - ✓ Practice good self-care consistently, like eating healthy foods, exercising regularly and getting enough sleep.
  - ✓ Pay attention to and support your emotional wellness.
  - ✓ Limit your use of alcohol, if you choose to drink at all.
  - ✓ Avoid tobacco products and illegal drugs; take medications only as prescribed.



# Social Wellness

Social wellness refers to:-

- ❖ the quality of the relationships you have and how you interact with others.
- ❖ Building supportive relationships, dealing with conflict effectively, and making the time for socializing contribute to your overall wellness.
- ✓ Build trust and relationships with friends, family members and significant others.
- ✓ Learn how to communicate effectively with and understand your communication style
- ✓ Reflect on personal conflicts and identify areas for improvement.
- ✓ Respect the needs and wants of others, and yourself.
- ✓ Make it a point to interact with people from diverse backgrounds, beliefs and cultures.



# Spiritual Wellness

- Spiritual wellness refers to:-
  - ❖ having values or beliefs that provide a sense of meaning and purpose to your life
  - ❖ considering whether your actions align with your values.
  - ❖ take time to connect with something bigger than yourself.
  - ✓ Make time for personal reflection and defining your personal values (e.g., meditation, yoga).
  - ✓ Actively care for the welfare of others in the community and act with compassion
  - ✓ Behave in ways that are consistent with your values and beliefs.
  - ✓ If you are religious, find a faith community or activity you are comfortable with and participate on a regular basis.



# Supporting the caregiver

- Active listening
  - Maintain eye contact
  - Allow them to express themselves – do not interrupt
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- Refer them for counselling
  - Do not give solutions – give facts
  - Direct them to a support group
  - Silence



# Parting shot



YOU WOULDN'T  
LET THIS  
HAPPEN TO YOUR  
PHONE. DON'T  
LET THIS  
HAPPEN TO YOU  
EITHER. *Self care  
is a priority, not  
a luxury.*



Thank You