

UNDERSTANDING WELLNESS: A GUIDE FOR TEENS

The Indivisible Self Model – Holistic Wellness

- * Wellness is the **sum or whole** of many different aspects of the self.
- * These dimensions of wellness are **unified** and **indivisible**. They contribute equally to overall wellness. No one aspect is more important than another.
- * Being aware of these different dimensions of wellness can help you find both areas of strength and areas that you might work on. This can help you **take charge of your wellness** and improve your quality of life.

PHYSICAL SELF

Exercise
Nutrition

FIVE DIMENSIONS OF INDIVISIBLE WELLNESS

SOCIAL SELF

Family
Friendship
Love

COPING SELF

Leisure/Hobbies
Stress Management
Self-Worth
Realistic Beliefs

ESSENTIAL SELF

Spirituality
Gender Identity
Cultural Identity
Self-Care

CREATIVE SELF

Thinking
Emotions
Control
Work/School
Positive Humor

*Adapted from Myers & Sweeney, 2009

Understanding Your Wellness

- ***Take time** to think about the questions on the next page. There **are no right or wrong answers**; this is just to get you thinking about your wellness.
- * If you wish to **explore further**, take a teen wellness assessment. Links provided on the next page.
- ***Wellness is a journey**, not a destination. Be patient and accepting of yourself.

Importance of Context

- ***Local** – Family, Neighborhood, Friends, Community
- ***Institutional** – School, Religion, Government, Business/Industry
- ***Global** – Politics, Culture, Global Events, Environment, Media
- ***Lifespan** – Change over time as you move through developmental stages

The 5 Dimensions of Indivisible Wellness – A Closer Look

1. The Social Self

- * **Family** – Do you enjoy spending time with your family? Does your family support you and do you support them?
- * **Friendship** – Do you enjoy spending time with your friends? Are they a source of support?

2. The Coping Self

- * **Leisure/Hobbies** – Do you make time to play your favorite sport, to create, to relax with your favorite, or to play your favorite game?
- * **Stress Management** – Do you manage stress well, or do you sometimes have difficulty coping with stress?
- * **Self-Worth/Self-Esteem** – How do you feel about yourself?
- * **Realistic Beliefs** – Do you have realistic beliefs about yourself, others, and the world?

3. The Essential Self

- * **Spirituality/Religion** – What do you believe? What religion or spiritual practice gives you strength? Are you curious and interested in exploring your beliefs?
- * **Cultural Identity** – Do you understand your culture? Do you celebrate your culture and traditions? Are you proud of your cultural identity?
- * **Gender Identity and Sexual Orientation** – Are you confident in your identity, or are you experiencing some confusion? Do you feel others are accepting of your identity or do you feel like you have to conceal who you really are?
- * **Self-Care** – Do you dedicate time to taking care of yourself? Do you practice good hygiene? Do you show yourself love and compassion?

4. The Creative Self

- * **Thinking** – How does your thinking and your overall health? Do you have positive or negative thoughts about yourself and the world around you?
- * **Emotions** – How do you feel? Do you express positive emotions and cope with the negative ones?
- * **Control** – Am I able to control my thoughts, emotions, and behavior? Or do you sometimes feel like
- * **Positive Humor** – Are you able to laugh at yourself and with friends without judgement or negativity?
- * **School/Work** – Do you take pride in your schoolwork? Are you creative and hardworking? Or do you have difficulty motivating yourself to get the work done?

5. The Physical Self

- * **Exercise** – Do you exercise at least 3-4 times weekly for a minimum 20 minutes?
- * **Nutrition** – Do you eat a well-balanced diet? Are you getting the proper nutrition to help conquer the day?

Resources for Further Exploration

***Teen Wellness Self-Assessment -**

<https://static1.squarespace.com/static/5b54fe275ffd2051be834f8c/t/5c5c9e8c9140b77d1c907638/1549573784643/Teen+Self+Assessment.pdf>.

***Teen Health and Wellness Health Topics -** <http://www.bodimojo.com/health-topics.htm>

***Teen Health Topics, Videos, Quizzes -** <https://teenshealth.org/en/teens/?WT.ac=t2t>

***Girls Health -** <https://www.girlshealth.gov/>

***Personal Wellness Form -**

<https://drive.google.com/file/d/19hSodviJmIhCMCKNHUQFIF6dyiPfa9db/view?usp=sharing>

References

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- * Chi Sigma Iota. (2018). *Personal wellness plan*. csi-net.org/resource/dynamic/blogs/20170305_191138_25050.pdf.
- * "Teen wellness self-assessment." (n.d.). *Samaritan Family Wellness*. <https://static1.squarespace.com/static/5b54fe275ffd2051be834f8c/t/5c5c9e8c9140b77d1c907638/1549573784643/Teen+Self+Assessment.pdf>.
- * Myers, J. E., & Sweeney, T. J. (2004). The indivisible self: An evidence-based model of wellness. *Journal of Individual Psychology*, 60(3), 234-245.
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