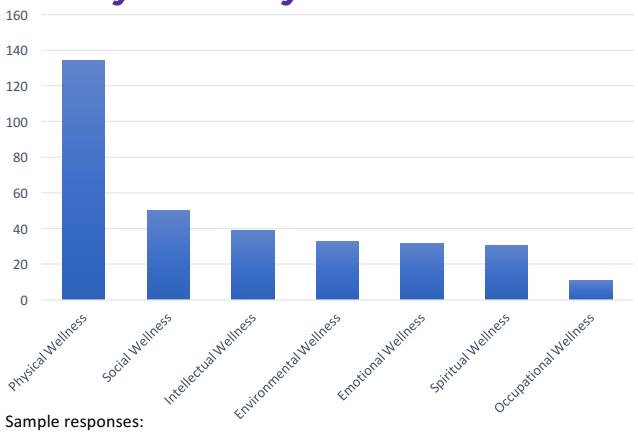
RESULTS OF THE 2018 SUMMER BINGO SURVEY

Which of the following elements of wellness are most important in your life?

Write-in responses: What activities do you do for your own wellness?



Sample responses:

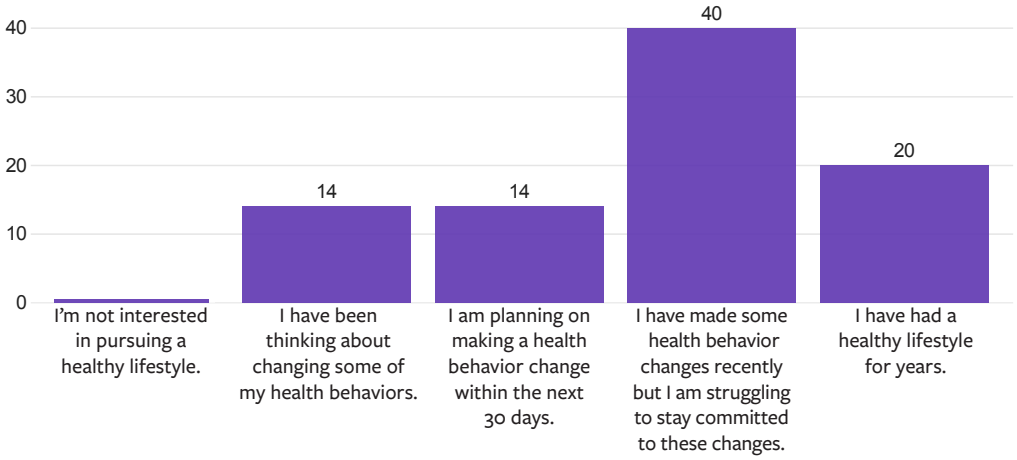
"...quiet time to myself without distractions..."

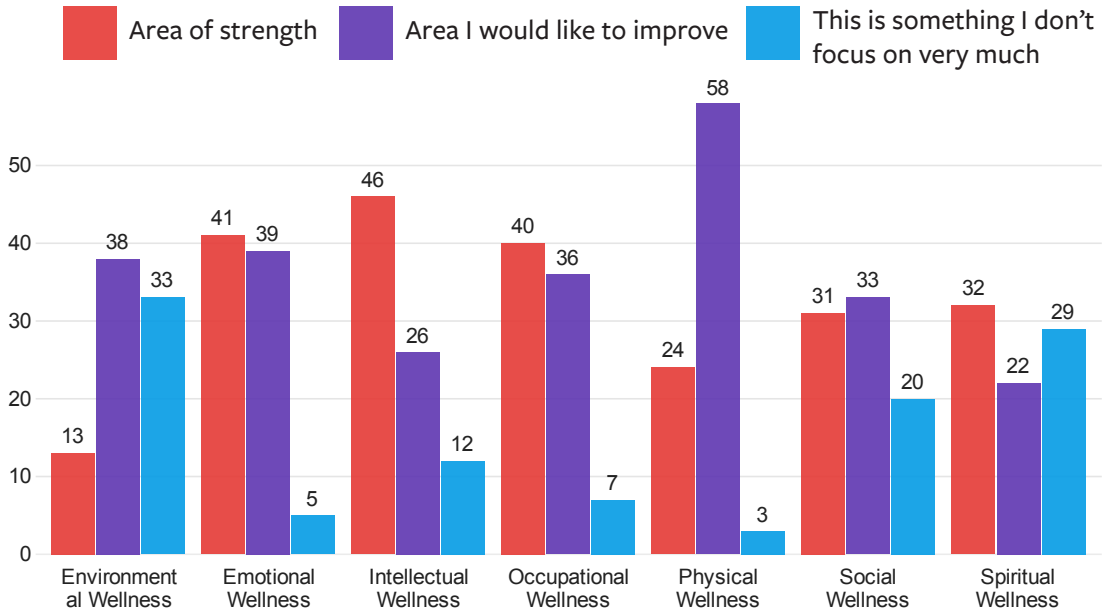
"Express my love and gratitude, admire my flowers...walk in the woods..."

"Take regular lunch breaks and use them for personal development..."

"I try to stay active, not only for my physical wellness but also for my mental wellness."

Which of the following best describes you?





ENVIRONMENTAL WELLNESS
is the ability to recognize your responsibility for the world's natural and built resources.

INTELLECTUAL WELLNESS
is the ability to open your mind to new ideas and experiences.

SOCIAL WELLNESS
is the ability to establish and maintain positive relationships.

PHYSICAL WELLNESS
is the ability to maintain a healthy lifestyle.

SPIRITUAL WELLNESS
is the ability to establish peace and harmony in our lives through the development of a value and belief system.

EMOTIONAL WELLNESS
is the ability to acknowledge and express feelings in a productive manner.

OCCUPATIONAL WELLNESS
is the ability to receive personal fulfillment from our livelihoods while still maintaining balance.

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