

Transcript

Cameron Conner

You've tuned in to show me today the voice of Missouri. I'm Cameron Connor. We are going to unpack a life launch conversation. Today's topic is the 8 dimensions of wellness, a framework that helps us understand what it takes to truly thrive. We're talking about physical, emotional, intellectual, social, spiritual, environmental, occupational, and financial well-being, and how all of this ties together to promote your overall health. Joining us is Grace Chappell, Youth and Family Liaison for Early Psychosis Care for the Missouri Institute of Mental Health. Grace, let's say I'm hearing about the 8 dimensions of wellness for the first time. Can you walk me through what they are and why they matter, especially during teen to young adult transitions?

Grace Chapel

Absolutely. So the eight dimensions of wellness are all the different parts of your life in which you need some stability, some security, and the knowledge that you're safe in order to be fully well as a person. So those eight dimensions are physical health, intellectual health, emotional health, spiritual health, environmental health, financial health, occupational health, and social health. So social health might be having enough people in your life that you can socialize and you can interact with other human beings and you're not just alone in your studio apartment day in, day out, getting no other time with other people. Your spiritual health, that doesn't necessarily mean going to church. That might mean different things for different people. That could be a meditation practice. That could be connecting with nature. That could be connection to an organized religion if that's for you. Physical health is obvious. That makes sense to people. That's the body, that's exercise, that's eating well, things like that. So each of these different dimensions can be cared for in different ways. And as a teenager or a young adult, from this world of childhood where other people are responsible for your health and keeping you healthy to having to do all of that yourself, you have to be aware of these different parts of your life that you need to be tuned into a little bit and making sure that you're meeting your own needs so that you can be healthy and you don't wake up feeling sad or sick or really not knowing why.

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Looking over the life launch page, it looks like each dimension connects to everyday habits. What's one small practical step someone could take this week to strengthen a dimension they may be overlooking?

Grace Chapel

So one thing that you can do is pick one of the dimensions and set some sort of goal. Say you want to pick the financial dimension. You want to make some sort of goal that this week I am going to attend to that part of my health. So if you have a lot of credit card debt, you might forego making a fun purchase or a silly purchase and you might devote that to paying off your debt. Or you might sit down and go through your accounts and make a budget for the next month and see to that and see if that helps you increase your spending or saving towards a goal and just your financial health in general.

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One of the things I've personally enjoyed about the Life Launch Hub is that it doesn't just talk about these topics. It gives you step-by-step resources. You can explore those anytime at lifelaunchmo.org. The 8 dimensions of wellness is the Life Launch conversation today on Show Me Today, the Voice of Missouri. I'm Cameron Connor. We're here talking with Grace Chapel. She's a youth and family liaison for early psychosis care. And Grace, while you may be dealing with one dimension or another at one point in your life, I would have to assume a lot of the time these overlap. You mentioned Grace in that last answer a little bit about financial stress and impact, but I'm assuming that could also pour into your emotional or physical wellness too, right?

Grace Chapel

Absolutely. If you can't afford things like eating healthily or if you don't have time because your job is so busy that you can't go and take a walk in the evenings after you eat dinner because you're just so wiped and your occupational health isn't very good, then your emotional health, your spiritual health and your physical health are going to suffer. You're going to feel sad, your body's not going to be very happy with you and you're going to struggle. And so it's important to attend to all 8 because they are interconnected. They form kind of a spider web. And so if one section of it is making you absolutely miserable. It's going to drag down all the others.

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If someone feels out of balance, let's say some things are going well, it's hard to juggle some other categories of your life and you just can't get everything smoothed out. Where should they begin when exploring the Life Launch Wellness tools?

Grace Chapel

LifeLaunch wellness tools, I would really say taking a broad look at all the categories we have. So we have all these different headers on top. We have a blog, we have a life skills section. We have videos of hope from other young adults who have been there and gotten through it. I'd say take a look, see what's out there and then pick a section to get started with. If you really don't know where to start and you just need a concrete task that can make you feel like you're doing it well, then I would say the life skills section would be a particularly good place to start. But having an idea of what it all is open to you helps you make an informed decision about what you need in that moment.

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To explore all 8 dimensions and download wellness resources, visit [lifelaunchmo.org slash wellness](https://lifelaunchmo.org/wellness). Once again, we've been talking with Grace Chappell, youth and family liaison for early psychosis care, a part of the Missouri Institute of Mental Health. And this is Show Me Today, the voice of Missouri.