

My Eight Dimensions of Wellness

Emotional

My mind can often feel like it is filled with countless types of emotion,
I compare the number of my emotions to all the waves in the ocean.
Tossing and turning around in my head,
Learning the skill to just stay grounded.

Environmental

When I feel sad and lonely, I can look to the sun,
I can take its warmth and do what I love, which is to run.
I can push my sad thoughts away for the time,
And just focus on the then and now and feel sublime.

Financial

I may not always be satisfied with my amount of money and possessions,
In those times I can be thankful for what I do have and learn that life lesson.
For things are things and stuff is stuff
Having my family is more than enough.
My heart can be full with little to show,
For my parents and brothers are my number one, this I know.

Intellectual

I don't always think that I am creative or artistic,
When I dwell on this, I feel uncharacteristic
Then I think to myself, I am enough the way I was made,
I don't have to feel less or afraid.

Occupational

I am not always happy with how I do,
Having to always be the same is so untrue.
I will be myself and always do my best,
This will give me joy and not leave me feeling stressed.

Physical

I many not always feel strong,
Either way I will focus on the fact that I still belong.
I can try my hardest and keep going,
With my head held high and positive attitude glowing.

Social

I might not always be a very social person with a lot of friends,
When I feel like this, I will turn to my mom who will be my friend until the end.
People can be mean and leave me feeling depressed,
But my heart knows with the family I have I am surely blessed.

Spiritual

No matter who I am, how I look, or what my purpose is here,
I know my Jesus is always near.
He is in my heart and there He will stay,
Forever and ever, each and every day.

---Sarah Rutallie