

# Holistic Healing Through Eight Dimensions of Wellness

**Rev. Jermine Alberty, M. Div.**





# OUR SPEAKER

Rev. Jermine Alberty, M. Div.

**Founder and principal of SALT Initiative LLC**

Rev. Jermine Alberty, M.Div. has served his community for over 29 years, working in nonprofits, faith communities, mental health organizations, city government, and faith-based organizations.

Rev. Alberty has served as a community organizer working with different faith traditions, training director for a community mental health center, neighborhood planning assessor for the City of Kansas City, Missouri, and Principal Investigator for Mental Health First Aid at the University Missouri St. Louis. He has also served as the steering committee chair of the Bridges to Care and Recovery St. Louis Initiative, former senior pastor of Bethel Baptist Church, former Executive Director of Pathways to Promise, an interfaith cooperative, and leader of The Companionship Movement.

In 2008, Rev. Alberty became one of the first persons in the United States to become a national trainer of Mental Health First Aid USA, a National Council for Mental Wellbeing program. He has trained in over 140 cities across the United States, where he has conducted hundreds of courses, training thousands of first aiders and instructors.

Rev. Alberty is the founder and principal of SALT Initiative LLC and Interim Deputy Director for Alive & Well Communities. Additionally, he is the co-author of *Bottled Up Inside: African American Teens & Depression*.





# Workshop Objectives

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Educate	<b>Educate Participants:</b> Provide a clear understanding of the eight dimensions of holistic wellness and their interconnectedness.
Encourage	<b>Self-Reflection:</b> Encourage participants to reflect on their wellness levels within each dimension.
Provide	<b>Practical Strategies:</b> Provide useful tools and strategies to enhance wellness in each dimension.
Inspire	<b>Inspire Change:</b> Motivate participants to make positive lifestyle changes for overall well-being.



# Holistic Health

- It is an approach to life that considers multidimensional aspects of wellness.

**DID YOU  
KNOW?**



Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. It is more than being free from illness.

**It is a dynamic process of change and growth.**

# Wellness is derived from our ability to

- **Understand**
- **Accept**
- **Act upon our capacity to lead a purpose-filled and engaged life.**



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**Signs, symptoms and  
things to look out for**

**AWARENESS IS KEY!!!!**



# SIGN, SYMPTOM or BOTH

## SIGN

- Something you can see.



## Symptom

- Something you can feel







## **Mental Health Challenge**

*“Mental health challenge” is an umbrella term that includes when a person is experiencing early signs and symptoms, worsening signs and symptoms, or crisis signs and symptoms.*

# What is Recovery?

- Recovery is a **process of change** through which people improve their **health and wellness**, live **self-directed** lives, and strive to reach their **full potential**.





# **The Process of Recovery**

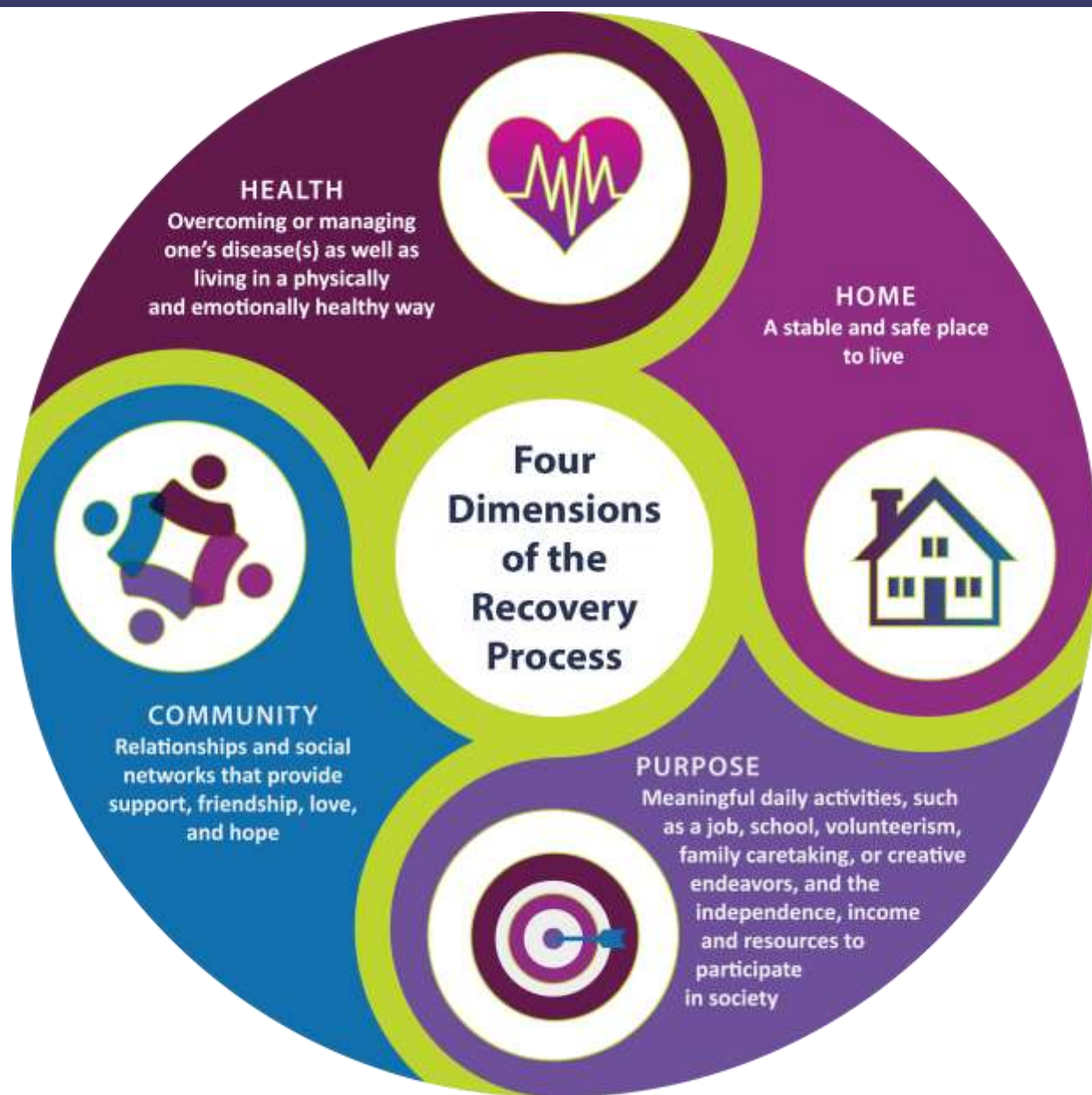
- The process of recovery is highly personal and occurs via many pathways.
- It may include clinical treatment, medications, faith-based approaches, peer support, family support, self-care, and other approaches.



***Three powerful words.....***

***Recovery***  
**IS POSSIBLE!**





# resilient

[/rə'zɪliənt/] adjective.

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Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.



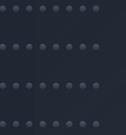
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Download handout.



# CREATING A **HEALTHIER LIFE**

*A STEP-BY-STEP GUIDE TO WELLNESS*





<b>WHAT I WILL DO</b>	<b>WHAT I NEED</b>

# TWO QUESTIONS FOR YOUR SELF-CARE ACTION PLAN





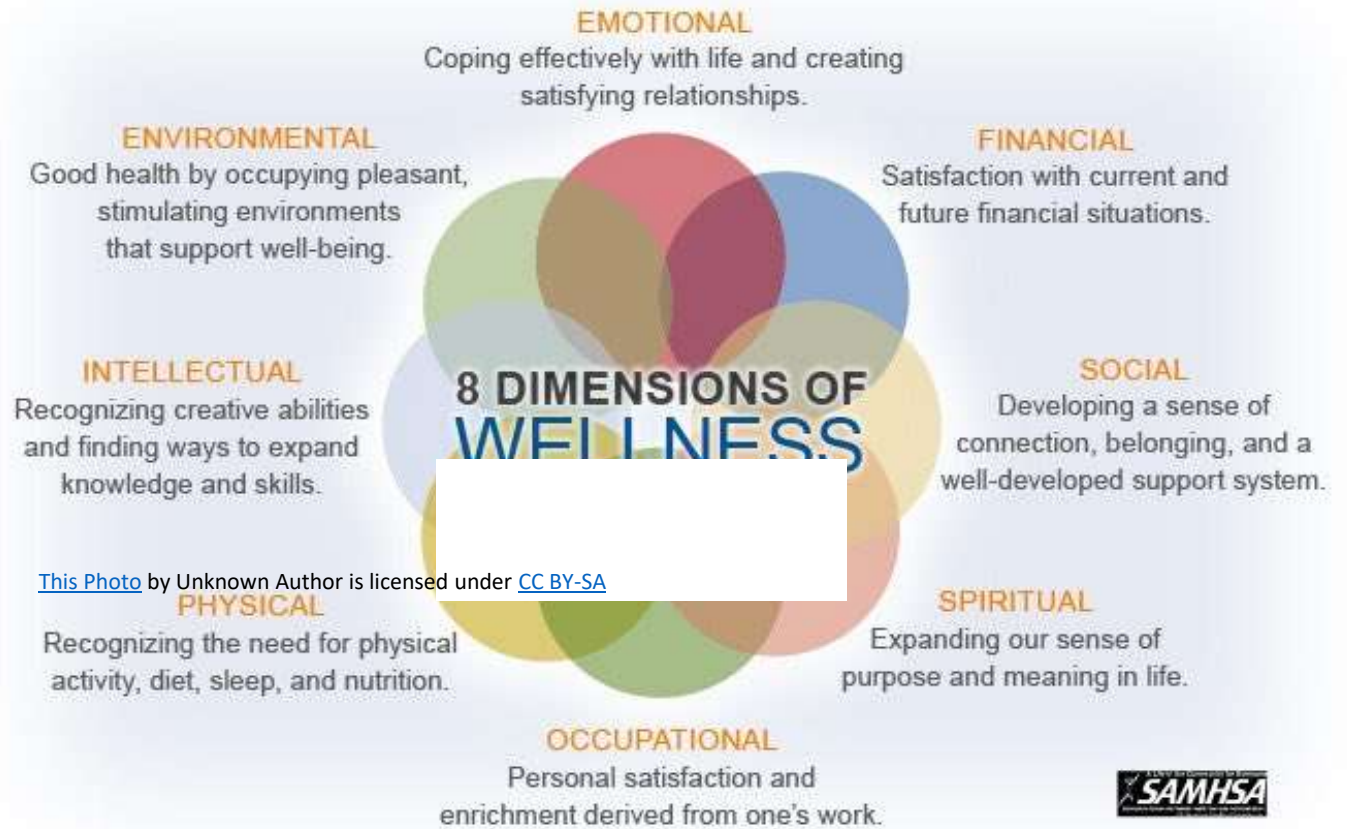
# **EMBRACE WELLNESS AS A LIFESTYLE**

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- **Embrace your potential to pursue and optimize life's possibilities.**

# Eight Dimensions of Wellness



# ***IMPROVING OUR PHYSICAL & EMOTIONAL***

## **PHYSICAL WELLNESS**

Recognizing the need for physical activity, diet, sleep, and nutrition.



## **EMOTIONAL WELLNESS**

Coping effectively with life and creating satisfying relationships

# ***WAYS TO IMPROVE MY PHYSICAL & EMOTIONAL WELLNESS***

<b>WHAT I WILL DO</b>	<b>WHAT I NEED</b>



# ***IMPROVING OUR SOCIAL & INTELLECTUAL***

## **SOCIAL WELLNESS**

Developing a sense of connection, belonging, and a well-developed support system.



## **INTELLECTUAL WELLNESS**

Recognizing creative abilities and finding ways to expand knowledge and skills.

# ***WAYS TO IMPROVE MY SOCIAL & INTELLECTUAL WELLNESS***

<b>WHAT I WILL DO</b>	<b>WHAT I NEED</b>

# ***IMPROVING OUR OCCUPATIONAL & ENVIRONMENTAL***

## **OCCUPATIONAL WELLNESS**

Personal satisfaction and enrichment are derived from one's work.



## **ENVIRONMENTAL WELLNESS**

Good health by occupying pleasant, stimulating environments that support well-being.

# ***WAYS TO IMPROVE MY OCCUPATIONAL & ENVIRONMENTAL WELLNESS***

<b>WHAT I WILL DO</b>	<b>WHAT I NEED</b>



# ***IMPROVING OUR FINANCIAL & SPIRITUAL***

## **FINANCIAL WELLNESS**

Satisfaction with current and future financial situations.



## **SPIRITUAL WELLNESS**

Expanding our sense of purpose and meaning in life.

# ***WAYS TO IMPROVE MY FINANCIAL & SPIRITUAL WELLNESS***

<b>WHAT I WILL DO</b>	<b>WHAT I NEED</b>

Love God.  
Love your  
neighbors.  
And while  
you're at it,  
love yourself.



**Self-Care  
is an act of  
Self-Love**

# Spiritual Check-up

- What is **strength** for you? Where can you get it? Who gives it to you? How can you get more?
- What is **peace** for you? Where can you get it? Who gives it to you? How can you get more?
- What is **security** for you? Where can you get it? Who gives it to you? How can you get more?



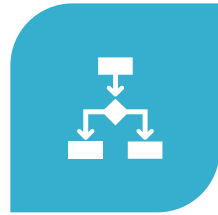


# Tips to maintain Spiritual Health

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TAKE  
TIME FOR  
SELF-  
RENEWAL



PRACTICE  
ACCEPTANCE  
AND NON-  
JUDGMENT



EMBRACE  
MYSTERY. ALLOW  
YOURSELF TO  
BELIEVE THINGS  
THAT CAN'T BE  
EXPLAINED



LIVE  
YOUR JOY



BE  
PLAYFUL

# WHO CAN YOU CALL WHEN YOU NEED SUPPORT?

Divide the list of people into categories by asking yourself the following questions:

Who can I call if I am feeling depressed or anxious?

Who can I call if I am lonely?

Who will come over to be with me if I need company?

Who will listen?

Who will encourage me to get out of the house and do something fun?

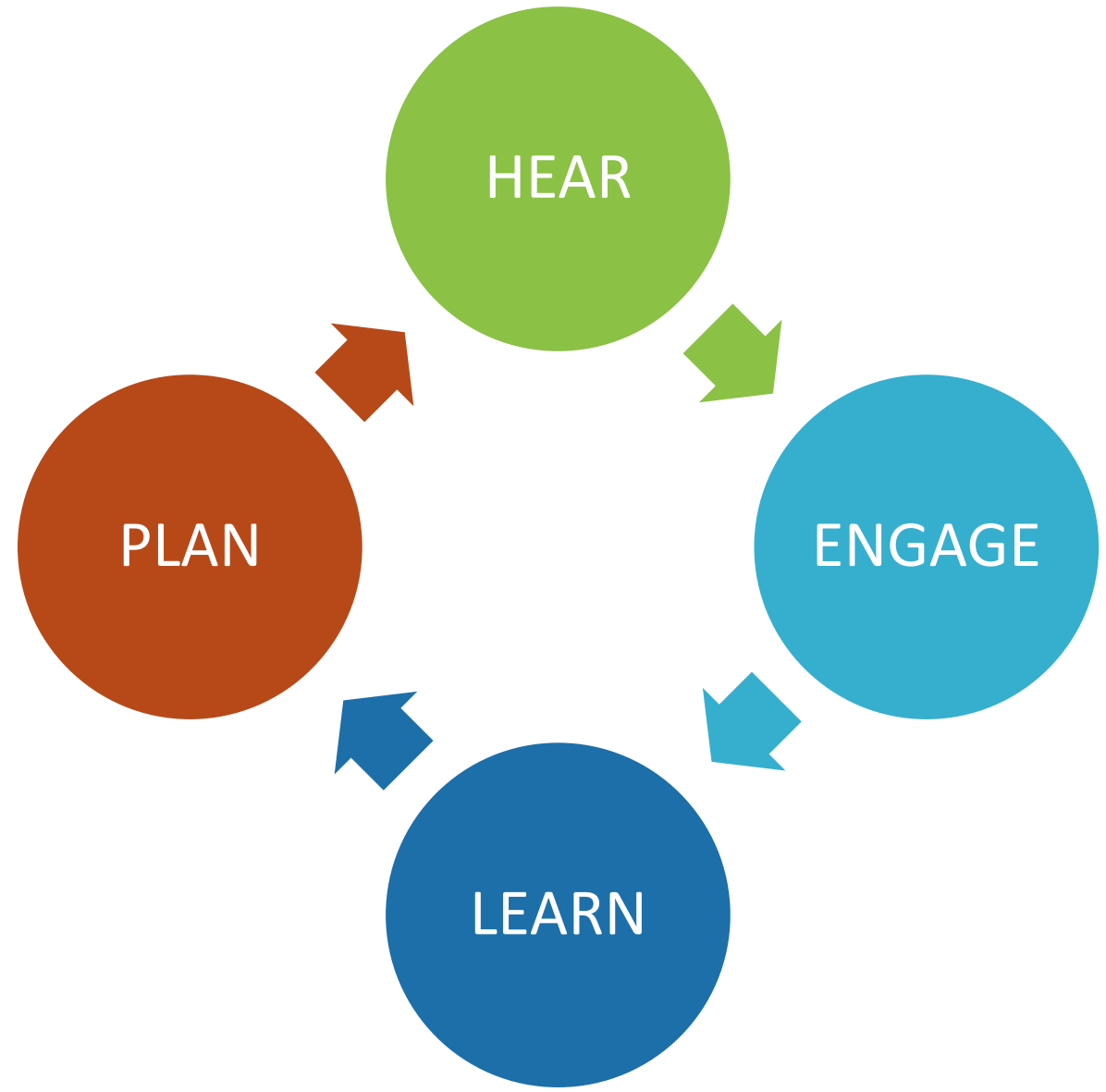
Who will remind me to follow my self-care plan?

**PUT YOUR  
FACE MASK,  
ON FIRST,  
AND THEN  
HELP YOUR  
NEIGHBOR.**



***4 steps  
when we  
offer help  
to others.***

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# Hear: To gain information

- The first thing is for us to attune our ears to hear what people are saying to us. Hear those signs. Hear those symptoms that people are expressing to us.



Wind. . . .

Can you hear me..

Can you hear me..



A photograph of wooden letter tiles on a wooden surface. A row of tiles spells out 'NAG' with subscripts: 'N<sub>1</sub>', 'G<sub>2</sub>', 'A<sub>1</sub>', and 'G'. Other tiles with letters like 'E', 'B', 'R', and 'D' are scattered around. The image is partially obscured by a white curved shape on the right side of the slide.

# Engage with Grace and Intentionality

*How can two walk together except they be agreed? Another translation says, How can two walk together except they have an appointment?*



Listen and Learn:

“The only way you can learn from a person is to listen.”

Jermine Alberty



# Plan

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Create a plan that empowers the individual and does not disempower them.

# THE CONCLUSION

## YOUR WELLNESS MATTERS

Make a Pledge today to commit

**Which Dimension of Wellness are you pledging to improve for yourself, your family, or your community? List one or more:**

- Emotional, for example: creating healthy coping skills
- Environmental, for example: spending time in nature or a space you enjoy
- Financial, for example: creating a plan to save money
- Intellectual, for example: trying a new hobby
- Occupational, for example: engaging in fulfilling volunteer work
- Physical, for example: making healthier food choices
- Social, for example: connecting with loved ones
- Spiritual, for example: trying a meditation practice
- All of the Dimensions - they're all connected!



