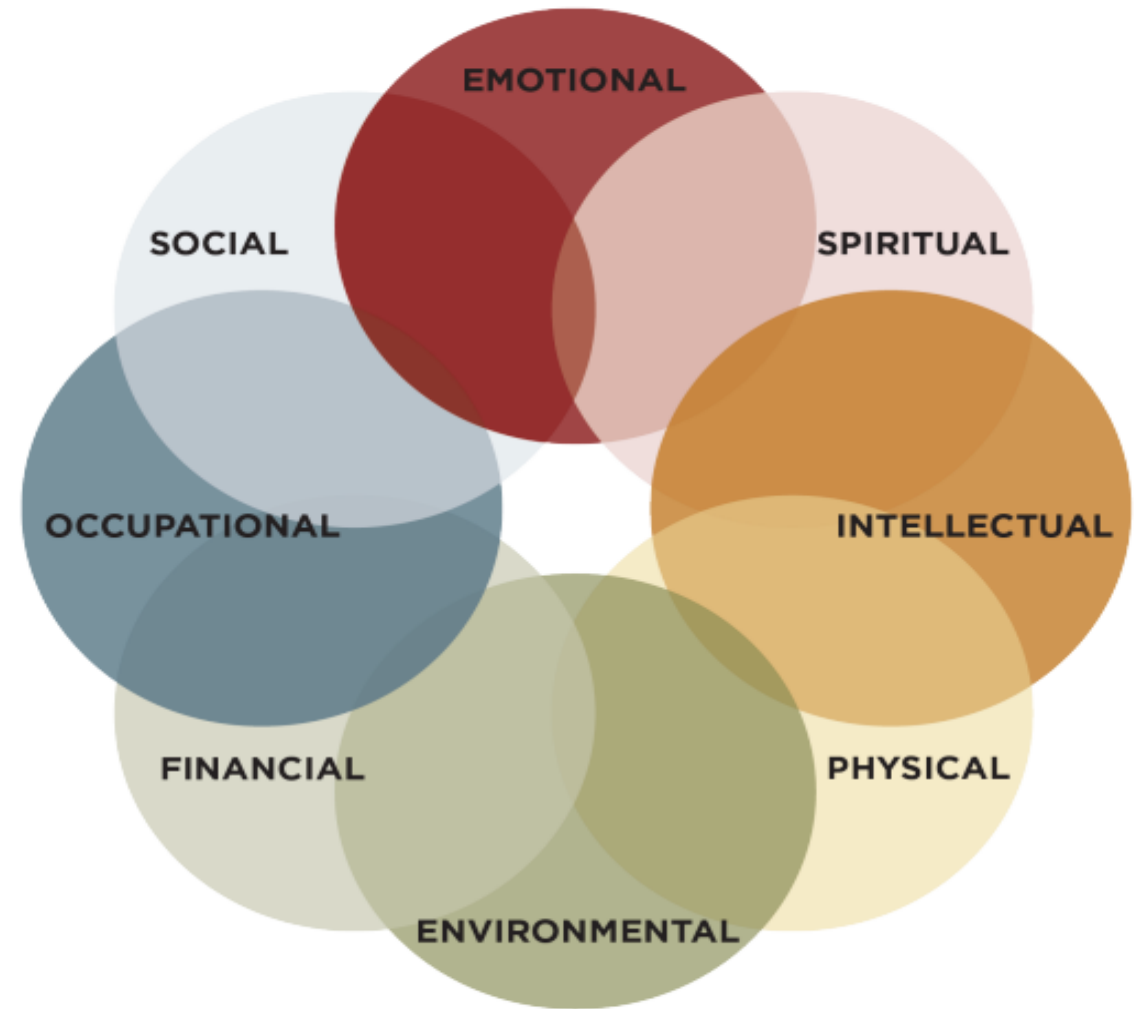




SELF CARE IN RETIREMENT

LISANNE VACI, LCPC, CADDC
CLINICAL THERAPIST III
CHICAGO FIRE DEPARTMENT
EMPLOYEE ASSISTANCE PROGRAM

SAMHSA's EIGHT DIMENSIONS OF WELLNESS



WELLNESS

Source: Adapted from Swarbrick, M. (2006). A Wellness Approach.
Psychiatric Rehabilitation Journal, 29(4), 311-314.



EMOTIONAL

COPING EFFECTIVELY WITH LIFE
AND CREATING SATISFYING
RELATIONSHIPS

ACKNOWLEDGE YOUR EMOTIONS!

RECOGNIZE HOW YOUR FEELINGS MAY BE
AFFECTING YOU AND SEEK SUPPORT.

ADJUST YOUR ATTITUDE!

FOCUS ON WHAT YOU'RE GAINING RATHER
THAN WHAT YOU THINK YOU'RE LOSING.

EMBRACE CHANGE!

ACCEPT WHAT YOU CANNOT CHANGE ABOUT
YOUR RETIREMENT AND IMAGINE THE NEW
OPPORTUNITIES.

SPIRITUAL

EXPANDING YOUR SENSE OF PURPOSE AND MEANING IN LIFE

REDEFINE YOUR IDENTITY!

DISCOVER WHAT VALUES, PRINCIPLES, AND BELIEFS ARE MOST IMPORTANT TO YOU.

VOLUNTEER!

REDEEM A SENSE OF ACCOMPLISHMENT WHILE GIVING BACK TO YOUR COMMUNITY AND HELPING THOSE IN NEED.

BE A MENTOR!

SHARE THE SKILLS YOU'VE LEARNED IN YOUR PROFESSION SO THE NEXT GENERATION CAN IMPROVE ON ITSELF.

INTELLECTUAL

STIMULATE YOUR MIND!

LEARN A NEW SKILL LIKE PLAYING AN INSTRUMENT OR SPEAKING A FOREIGN LANGUAGE.

ENJOY HOBBIES & DISCOVER NEW INTERESTS!

READ A BOOK SERIES.
VISIT NEW PLACES.

RECOGNIZING CREATIVE ABILITIES
AND FINDING WAYS TO EXPAND
KNOWLEDGE AND SKILLS

PHYSICAL

STAY ACTIVE!

TAKE THE STAIRS.

JOIN A FITNESS CENTER.

ADOPT A DOG — ENJOY THE COMPANIONSHIP, SENSE OF PURPOSE AND THE EXERCISE.

MAINTAIN A HEALTHY DIET!

MAKE MINDFUL FOOD CHOICES.

PREPARE AND COOK YOUR MEALS AT HOME.

GO TO BED!

GET ENOUGH SLEEP.

MAINTAIN A BEDTIME ROUTINE.

LISTEN TO YOUR BODY!

SEE YOUR PRIMARY CARE DOCTOR **REGULARLY.**

RECOGNIZING THE
NEED FOR PHYSICAL
ACTIVITY, HEALTHY
FOODS, AND SLEEP

ENVIRONMENTAL

GOOD HEALTH BY OCCUPYING PLEASANT, STIMULATING ENVIRONMENTS THAT SUPPORT WELL-BEING

REDUCE! REUSE! RECYCLE!

DONATE WHAT YOU DON'T USE ANY MORE.

REPURPOSE FURNITURE.

KEEP YOUR SPACE ORGANIZED AND FREE OF CLUTTER.

APPRECIATE NATURE!

TAKE CARE OF THE ENVIRONMENT.

TAKE A WALK THROUGH A FOREST PRESERVE.

STAY CALM!

ENGAGE IN ACTIVITIES THAT HAVE A CALMING EFFECT.

FINANCIAL

GET EDUCATED!

MEET WITH A FINANCIAL SPECIALIST.


BE CREATIVE!

CREATE A BUDGET AND SPENDING PLAN.

PLAN AHEAD!

EXPLORE BENEFICIAL WAYS TO SAVE
YOUR MONEY.

SATISFACTION WITH
CURRENT AND FUTURE
FINANCIAL SITUATIONS



OCCUPATIONAL
PERSONAL SATISFACTION
AND ENRICHMENT FROM
ONE'S WORK

RECOGNIZE YOUR ACHIEVEMENTS!

CONSIDER WHAT YOU'VE ACCOMPLISHED DURING YOUR
CAREER.

KEEP UP THE GOOD WORK!

CONSIDER GETTING A PART-TIME JOB.

SOCIAL

DEVELOPING A SENSE OF CONNECTION,
BELONGING, AND A WELL-DEVELOPED SUPPORT
SYSTEM

IDENTIFY YOUR SUPPORT SYSTEM!

MAKE A LIST OF FAMILY, FRIENDS, AND PEERS YOU TRUST.

STAY CONNECTED!

MAINTAIN REGULAR PHONE CALLS AND MEET UPS WITH THOSE PEOPLE.

HAVE SOME FUN!

JOIN A CLUB, SOCIAL GROUP, OR PEER SUPPORT (STATE, CFD, LOCAL 2).



FIRESTRONG WEBSITE

FREE 24/7 ACCESS

WWW.FIRESTRONG.ORG

USERNAME: CHICAGO911

PASSWORD: CHICAGOFIRE

LISANNE Vaci, LCPC, CADC

OFFICE: 312-746-6977

CELL: 312-485-5026

E-MAIL: LISANNE.VACI@CITYOFCHICAGO.ORG

1338 S. CLINTON STREET, ROOM 106

CHICAGO, IL 60607