



Wellness 360 Symposium Program Guide for Participants 2025

Wellness 360 registration counts toward the Director's Wellness Trophy Competition



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2025 DFAS Wellness 360 Symposium

To register for Wellness 360 event sessions, please visit:

[2025 Wellness 360 Symposium \(dfas.mil\)](https://dfas.mil)

**Please Note: Participants will be sent MS Teams links for registered sessions via email*

Monday, October 20, 2025

10:30am-10:50am EST	Rise & Root: A space to clear the noise and begin with intention (Occupational)
11:00am-11:50am EST	Balance Blueprint: Building Better Boundaries (Occupational)
On Demand	On Demand Fitness: HIIT with Carol Talley (Physical)
12:00pm-12:30pm EST	LIVE: Meditation Monday – Beginner (Physical, Intellectual, Spiritual, Emotional)
12:00pm-12:50pm EST	ConnectWELL: DFAS Rome (Social)
1:00pm-2:00pm EST	Mind Over Money: The Neuroscience of Money (Occupational, Intellectual)

Tuesday, October 21, 2025

10:30am-10:50am EST	Rise & Root: A space to clear the noise and begin with intention (Emotional)
11:00am-11:50am EST	Balance Blueprint: Building Better Boundaries (Emotional)
On Demand	On Demand Stretch: Relax and Restore with Kim LaBonte (Physical)
12:00pm-12:50pm EST	ConnectWELL: DFAS Indianapolis (Social)
1:00pm-2:00pm EST	Reset and Rewire: Build Habits That Last (All Dimensions)

Wednesday, October 22, 2025

10:30am-10:50am EST	Rise & Root: A space to clear the noise and begin with intention (Physical)
11:00am-11:50am EST	Balance Blueprint: Building Better Boundaries (Physical)
On Demand	On Demand: Reset Meditation with Jen Snyder (Emotional, Physical, Spiritual)
12:00pm-12:30pm EST	LIVE: Watch Party: Mat Pilates with Priscilla Smith (Physical)
1:00pm-2:00pm EST	ShareWELL Day 1 (All Dimensions)

Thursday, October 23, 2025

10:30am-10:50am EST	Rise & Root: A space to clear the noise and begin with intention (Physical)
11:00am-11:50am EST	Balance Blueprint: Building Better Boundaries (Physical - Nutritional)
On Demand	On Demand: Yoga with Kellie Magoon (Physical)
12:00pm-12:30pm EST	LIVE: Stretch Break with Carol Talley (Physical)
12:00pm-12:50pm EST	ConnectWELL: DFAS Limestone (Social)
1:00pm-2:00pm EST	ShareWELL Day 2 (All Dimensions)

Friday, October 24, 2025

10:30am-10:50am EST	Rise & Root: A space to clear the noise and begin with intention (Social)
11:00am-11:50am EST	Balance Blueprint: Building Better Boundaries (Social)
On Demand	On Demand: Sculpt and Core with Carol Talley (Physical)
12:00pm-12:30pm EST	LIVE: Meditation Friday (Emotional, Physical, Intellectual, Spiritual)
12:00pm-12:50pm EST	ConnectWELL: DFAS Columbus (Social)
1:00pm-2:00pm EST	Healthy Happy Hour (Social)

**A description of each class can be found starting on page 3 of the program guide*

Register at:

[2025 Wellness 360 Symposium \(dfas.mil\)](https://dfas.mil)

Participants will be sent MS Teams meeting links for each of their registered sessions via daily Wellness 360 Symposium email.

We look forward to seeing you at the 2025 DFAS Wellness 360 Symposium!

Live events are available daily from 10:30 a.m. to 2:00 p.m. Eastern Standard Time via Microsoft Teams. *NOTE* This is an externally generated meeting link hosted by Millennium Health and Fitness. Millennium asks that attendees ID themselves in their meeting profile to ensure easy access.***

Class Descriptions

Monday, October 20, 2025:

Rise & Root: A Space to Clear the Noise and Begin with Intention - Occupational

Join us at the top of the day for *Rise and Root*, a gentle and intentional way to start each day of the symposium. In this short morning session, participants will pause to ground themselves through guided journaling and meditation, reflecting on thought-provoking questions connected to the day's wellness theme. By taking time to quiet the mind, set intentions, and explore personal insights, participants create space to "root" in self-awareness and "rise" with clarity and focus. This mindful start prepares and energizes participants to more fully engage in the day's deeper exploration during the *Balance Blueprint* session that follows.

Balance Blueprint: Building Better Boundaries - Occupational

Work can be rewarding, but without clear boundaries it can also become overwhelming. In this session, Sean Venckus will guide us through a deeper dive into how setting realistic expectations, managing workload, and communicating effectively can protect your energy and boost your job satisfaction. Through interactive presentation and shared experiences, you'll gain practical tools and frameworks to navigate workplace pressures, reduce stress, and create a healthier balance between professional responsibilities and personal well-being. Discover how strong boundaries can help you thrive in your career—and further.

On Demand: HIIT with Carol Talley

Get ready to torch calories with this hard-CORE HIIT workout! You'll challenge your muscles and get seriously sweaty, take water breaks so you can replenish and get ready to take on the next set of moves! During this workout, you'll need to dig deep and check in with your core to gather the strength to push through these challenging moves. Trust yourself and know that you got this!

LIVE: Meditation Monday (Beginner)

Resting in Reality: Observing Awareness & Surrender

Join Dr. Dale Ann Gray in this beginner-friendly meditation session, part of a series entitled “The Octopus of Yoga.” She’ll look into two aspects of Essence Nature: Awareness, specifically Self-Awareness, and Surrender. Our competitive world might balk at Surrender, but once we notice and experience in Real Present Moment Awareness, the One, The Whole, The All-That-Is, it’s hard to escape surrendering to it! Come meditate today and you just might find yourself releasing any amount of gripping, grasping, clutching to what is not real in the first place.

ConnectWELL: DFAS Rome

Step into connection during our ConnectWELL session—where wellness meets community! Get to know DFAS Rome and the very special people who live and work there. This lively hybrid event brings colleagues together both in person and virtually to explore the importance of social wellness and the role healthy boundaries play in building strong, supportive relationships. Expect more than just conversation: enjoy fun games, creative activities, and interactive presentations designed to spark new ideas, laughter, and meaningful connections. Whether you’re joining onsite or online, ConnectWELL is your chance to recharge, engage, and experience the power of community in action.

Mind Over Money

Ever wonder why your brain says “save” but your hand still reaches for the checkout? In *Mind Over Money*, with Mr. Brendan Vigorito, we’ll dive into the fascinating neuroscience of money—uncovering what drives your financial habits, how your mindset shapes decisions, and why we sometimes splurge when we know we shouldn’t. This eye-opening seminar blends science and strategy to help you understand your financial behaviors and harness them to your advantage. Walk away with fresh insights and practical tools to align your brainpower with your bank account—and move closer to your financial goals with confidence.

Tuesday, October 21, 2025:

Rise & Root: A Space to Clear the Noise and Begin with Intention - Emotional

Join us at the top of the day for *Rise and Root*, a gentle and intentional way to start each day of the symposium. In this short morning session, participants will pause to ground themselves through guided journaling and meditation, reflecting on thought-provoking questions connected to the day’s wellness theme. By taking time to quiet the mind, set intentions, and explore personal insights, participants create space to “root” in self-awareness and “rise” with clarity and focus. This mindful start prepares and energizes participants to more fully engage in the day’s deeper exploration during the *Balance Blueprint* session that follows.

Balance Blueprint: Building Better Boundaries - Emotional

Our emotions are powerful guides—but without healthy boundaries, they can easily be drained by stress, relationships, or constant demands. This interactive session explores how saying “yes” and “no” with intention, recognizing your limits, and honoring your emotional

needs can strengthen resilience and reduce overwhelm. Participants will learn strategies to manage emotional energy, practice self-compassion, and foster healthier connections with themselves and with others. Join us to discover how balanced boundaries can be the key to protecting your peace and nurturing lasting Emotional Wellness. Session led by Sean Venckus.

On Demand: Stretch Break – Relax and Restore

Relax and Restore, led by instructor Kim LaBonte, is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind.

ConnectWELL: DFAS Indianapolis

Step into connection during our ConnectWELL session—where wellness meets community! Get to know DFAS Indianapolis and the awesome people who live and work there. This lively hybrid event brings colleagues together both in person and virtually to explore the importance of social wellness and the role healthy boundaries play in building strong, supportive relationships. Expect more than just conversation: enjoy fun games, creative activities, and interactive presentations designed to spark new ideas, laughter, and meaningful connections. Whether you're joining onsite or online, ConnectWELL is your chance to recharge, engage, and experience the power of community in action.

Reset and Rewire: Build Habits That Last

Join Health and Wellness Coach, Leighanne Gerstbrein, to discover why changing habits often feels so difficult, and why it doesn't have to be. In this interactive workshop, you'll explore the powerful impact habits have on every area of life and uncover the science behind building new, healthy habits that last. You will walk away with a take-home Healthy Habit Change Workbook and tangible steps you can start implementing immediately!

Wednesday, October 22, 2025:

Rise & Root: A Space to Clear the Noise and Begin with Intention - Physical

Join us at the top of the day for *Rise and Root*, a gentle and intentional way to start each day of the symposium. In this short morning session, participants will pause to ground themselves through guided journaling and meditation, reflecting on thought-provoking questions connected to the day's wellness theme. By taking time to quiet the mind, set intentions, and explore personal insights, participants create space to "root" in self-awareness and "rise" with clarity and focus. This mindful start prepares and energizes participants to more fully engage in the day's deeper exploration during the *Balance Blueprint* session that follows.

Balance Blueprint: Building Better Boundaries - Physical

We look at the body as both a tool and a barometer to help us navigate on the path to better health and wellness. This makes it both easy and hard to implement boundaries for lasting health. In this session, we'll explore how boundaries around rest, movement, nutrition, and screen time can protect your physical well-being. Through interactive discussion and

practical tips, you'll learn how to tune in to your body's signals, prevent overexertion, strategize moves for increasing physical health markers, and create routines that balance energy with recovery. Walk away with strategies to set realistic goals, build healthier habits, and respect your body's needs—so you can feel stronger, more energized, and better equipped to thrive every day. Session led by Sean Venckus.

On Demand: Meditation with Jen Snyder

The style of this class will be Prana-Meditation, which focuses on controlling your breathing, body connection, and mindfulness to promote calmness, stress reduction, and add clarity to your day.

LIVE- WATCH PARTY: Mat Pilates

Workplace Wellness Watch Party! Pilates is a method of exercise that consists of low-impact flexibility, muscular strength, and endurance movements. Pilates emphasizes proper postural alignment, core strength, and muscle balance. Instructed by Priscilla Smith.

ShareWELL: Your Voice, Your Wellness (Day 1)

We want to hear from YOU! Join Ms. Shayla Jones for ShareWELL, a welcoming virtual space where your thoughts and ideas take center stage. This interactive open forum is all about shaping the future of workplace wellness at DFAS. Whether it's what you love about our current programs, what you'd like to see offered in the future, or fresh ideas to keep wellness engaging for everyone, your feedback is the key to keeping our programming meaningful and accessible. Come ready to share, listen, and connect in a fun, supportive environment that celebrates collaboration. Together, we'll build a wellness experience that truly reflects the needs of our community.

This session will focus on feedback from the following questions/topics:

1. To what extent have DFAS Quality of Work Life Programs supported your ability to contribute effectively to your organization's mission and DoD priorities?
2. What new opportunities could DFAS Quality of Work Life Programs offer to strengthen your efficiency and resilience at work?
3. What barriers in CY 2025 have prevented you from participating in those DFAS Quality of Work Life Programs you believe would enhance your productivity here at work?

Thursday, October 23, 2025:

Rise & Root: A Space to Clear the Noise and Begin with Intention – Physical / Nutritional

Join us at the top of the day for *Rise and Root*, a gentle and intentional way to start each day of the symposium. In this short morning session, participants will pause to ground

themselves through guided journaling and meditation, reflecting on thought-provoking questions connected to the day's wellness theme. By taking time to quiet the mind, set intentions, and explore personal insights, participants create space to "root" in self-awareness and "rise" with clarity and focus. This mindful start prepares and energizes participants to more fully engage in the day's deeper exploration during the *Balance Blueprint* session that follows.

Balance Blueprint: Building Better Boundaries - Physical / Nutritional

From endless snacking to overbooked schedules that derail meal planning, nutrition is definitely one area where boundaries can make a big difference. In this session, we'll explore how setting clear food-related limits—like mindful portion sizes, selecting the ingredients to stay on track with your needs and wants, and even protecting the time for balanced meals—can help you feel nourished and energized in a way that fits real life. Participants will engage in interactive discussions to identify personal nutrition challenges, share strategies for building healthier habits, and learn how boundaries support both body and mind. Session led by Sean Venckus.

On Demand: Yoga with Kellie Magoon

Vinyasa yoga is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories. Although it requires mindfulness and focus on your breathing, power yoga is more dynamic than meditative forms of yoga, and provides a good cardio and strength-training workout. You don't need weights or other equipment, but it helps to have a certain level of strength and fitness for this style of yoga.

LIVE Stretch Break: Take Thirty Thursday – Bend and Extend

Join Ms. Carol Talley as she guides you through gentle hip bends, slow core rotations, and arm exercises to increase blood flow, hip flexibility, and decrease back tension. This session is a perfect solution for stiff backs and weary bodies. Combat the mid-afternoon sluggish feeling with a rejuvenating stretch break! There is a strategic reason for scheduling a stretch break in the mid-afternoon. Prolonged sitting takes a toll on the body and disrupts muscle balance. Stretching helps maintain muscles in a long, lean, and flexible state. All are welcome!

ConnectWELL: DFAS Limestone

Step into connection during our ConnectWELL session—where wellness meets community! Get to know DFAS Limestone and the incredible people who live and work there. This lively hybrid event brings colleagues together both in person and virtually to explore the importance of social wellness and the role healthy boundaries play in building strong, supportive relationships. Expect more than just conversation: enjoy fun games, creative activities, and interactive presentations designed to spark new ideas, laughter, and meaningful connections. Whether you're joining onsite or online, ConnectWELL is your chance to recharge, engage, and experience the power of community in action.

ShareWELL: Your Voice, Your Wellness (Day 2)

Join us for ShareWELL, a welcoming virtual space hosted by Ms. Shayla Jones, where your voice takes center stage! This interactive forum is all about you—your ideas, your needs, and your

vision for the future of wellness at DFAS. Together, we'll explore how our workplace wellness programming can better support your health, balance, and overall well-being.

Whether you've got fresh ideas for new offerings, feedback on what's working, or suggestions on how we can expand opportunities, this is your chance to share openly and shape the future of wellness in our community. Come ready to connect, collaborate, and contribute to building programs that reflect what matters most to you.

This session will focus on feedback from the following questions/topics:

1. Of the current workplace wellness initiatives, which ones feel most essential for you to attend, and what makes them stand out?
2. What factors influence your decision to participate-or not participate- in the EAP benefits, and how could we make these services more accessible or valuable to you?
3. With the transition from telework to in-person work, what challenges have you experienced, and how could DFAS Quality of Work Life Programs help make this adjustment smoother?

Friday, October 24, 2025:

Rise & Root: A Space to Clear the Noise and Begin with Intention - Social

Join us at the top of the day for *Rise and Root*, a gentle and intentional way to start each day of the symposium. In this short morning session, participants will pause to ground themselves through guided journaling and meditation, reflecting on thought-provoking questions connected to the day's wellness theme. By taking time to quiet the mind, set intentions, and explore personal insights, participants create space to "root" in self-awareness and "rise" with clarity and focus. This mindful start prepares and energizes participants to more fully engage in the day's deeper exploration during the *Balance Blueprint* session that follows.

Balance Blueprint: Building Better Boundaries – Social

Relationships thrive when they're built on mutual respect and balance—but without boundaries, even positive connections can feel draining sometimes. In this session, we'll explore how to set limits that protect your time and energy while still nurturing meaningful bonds. Through this interactive presentation and open conversations, you'll learn how to say "yes" to the relationships that enrich you, gracefully decline when needed, and create space for authentic connection. Discover how healthy boundaries can help you feel more supported, less overwhelmed, and truly connected in your social world. Session led by Sean Venckus.

On Demand: Sculpt and Core with Carol Talley

Sculpt and Core is a low-impact, high-repetition class using bodyweight or very light weights to strengthen and tone. This is a full-body workout that targets the deep stabilizing muscles. All levels welcome

LIVE: Meditation Friday

Resting in Reality: The Seat of Movement

Join Dr. Dale Ann Gray in this engaging meditation session, part of a series entitled “The Octopus of Yoga.” Finding Movement in Stillness and Stillness in Movement may sound like quite the oxymoron! But that’s what we’re aiming at in today’s meditation. We might even begin with just a few standing poses, leaning into inner stillness. Settling into our “āsana”, or seat, we can feel into the inner subtlety of the underlying Vibration of Life flowing ever and always in and through us.

Healthy Happy Hour

We’re closing the symposium with a bang! Get ready for our Healthy Happy Hour, where we’ll wrap up the week’s adventure together:

Here's what you can expect:

- DFAS trivia to test your knowledge
- "Hang time" with the DFAS Wellness Team and your favorite colleagues
- A few rounds of a game that will spark equal parts joy and delight

A live demonstration on how to make two delicious and healthy autumn-inspired mocktails—perfect for the season! If you’re joining the drink-making demo, be sure to download the recipes from the Wellness 360 webpage or catch them in the Friday Wellness 360 morning email. It’s going to be a fun and interactive way to wrap up the week!

Additional Resources

(In addition to the information below, helpful resource links tailored to each presentation and associated dimension of wellness will be included in the Wellness 360 participation emails.)

Healthy Happy Hour Mocktail Recipes:

- [Warm Mulled Cranberry Cider](#)
- [Pumpkin Apple Cider Mocktail](#)



Warm Mulled Cranberry
Cider



Pumpkin Apple Cider
Mocktail

Explore More...

[Millennium Health and Fitness DFAS Virtual Programming Portal](#)

30 Days of Gratitude: Learn more about the annual DFAS 30 Days of Gratitude Challenge and sign up for the 2025 challenge kicking off in November. Registration will run from October 20th – October 31st, 2025.

DFAS On Demand Fitness Library: Find the online On Demand fitness library where you can access a plethora of fitness classes whenever you please!

EatWELL: EatWELL is a quarterly healthy eating and food preparation series by Health and Wellness Coach Marissa Powers. On this webpage, you will have access to previously recorded episodes, former episodes of the previous series “Grub Club,” as well as information on our next EatWELL live event!

Meet the Team

DFAS Wellness Program Manager, Wellness 360 Symposium Creator

Shayla Jones, PHR, M.S.

Shayla Jones serves as the Quality of Work Life Program Manager for DFAS. In her role, she oversees workplace wellness programming, telework/remote work policy, and serves as the administrator for the agency's mental health counseling (Employee Assistance Program-EAP) services. She holds a BS in Sociology and an MS in Leadership. She is a certified professional in human resources (PHR) and a certified worksite wellness program manager (WWPM). She recently earned her certification in mental health first aid (MHFA).

Shayla has a passion for health and wellness promotion, and enjoys creating quality and engaging content for the DFAS workforce.



Mind Over Money

Brendan Vigorito

Brendan Vigorito has been providing corporate training and workshops for diverse audiences. Brendan has managed businesses and has developed programs to improve services and efficiencies of organizations. He has served as Director of Education and Community Relations with a non-profit agency working on a national level with governmental agencies, financial institutions and corporations. He serves as a treasurer of a non-profit educational organization providing a philosophy of education impacting lives around the globe. He has counseled individuals and families on

overall wellness including the areas of financial and physical health. He has led teams providing disaster relief on a domestic and international level.

Brendan has a bachelor's degree from Stonehill College in Business Administration. He has served as an intermediary for the Virginia Individual Development Accounts program, assisting Virginia residents with financing a secondary education, starting a business and purchasing their first home. He is a certified Virginia Housing and Development Authority trainer and presenter. Brendan has his certification from ACTION as a certified personal trainer. He also holds a license in life and health insurance.

Wellness 360 Session Host

Laurel Schaefer, HWC, RYT

Laurel is the lead Health Promotion Coordinator for DFAS. She is a graduate of the Exercise Science and Kinesiology program at Shepherd University. She has spent the past 18 years supporting those who want to adopt a healthier lifestyle through nutrition and exercise. She brings her skill set to DFAS with the mission to enhance opportunities and create more avenues for wellness in the workplace. In this spirit, Laurel also provides health and wellness coaching for DFAS employees under the DFAS Workplace Wellness Program as a certified HWCA Health and Wellness Coach.

Laurel lives in Maryland with her husband, Eric, and two dogs Julep and Delta.



Balance Blueprint

Sean Venckus, MS, CSCS, TSAC-F

Sean is a United States Army Veteran with over a decade of leadership experience in sports medicine as well as strength and conditioning. He has a Bachelor of Science degree from George Mason University in Athletic Training as well as a Master of Science degree from Concordia University Chicago in Strength and Conditioning. Sean spent 8 years as an Athletic Trainer for the University of Alabama Huntsville Hockey and Baseball teams prior to joining Millennium. Sean has spent the last three years as the Wellness/Fitness Coordinator for the Von Braun Fitness Center (VBFC) supporting the Missile Defense Agency (MDA) in Huntsville

Alabama. While supporting the daily needs of the VBFC, Sean has also worked strategically with the Millennium management team to create agency-specific programming to better support MDA's wellness vision. He was also instrumental in guiding the agency into a new digital era of member support and tracking.

Sean has been married to his wonderful wife Katie for 13 years and has a son Ryan (7) and a daughter Avery (5). When not at the gym, Sean can be found at the golf course, fishing pond, or his backyard grill.

Reset and Rewire: Build Habits That Last

Leighanne Gerstbrein, CHES

Leighanne has dedicated her career to leading impactful workplace wellness initiatives across both corporate and federal sectors. With deep experience in health promotion and strategic program development, she specializes in building wellness programs that deliver real results—enhancing employee well-being, increasing engagement, and boosting organizational performance.

Her approach blends evidence-based practices with creative, customized solutions that empower teams and foster a culture of well-being. Leighanne also brings entrepreneurial and leadership experience to the table, having successfully owned and operated her own wellness consulting business.



Healthy Happy Hour

Marissa Powers

Marissa Powers is a National Board-Certified Health and Wellness Coach and wellness educator. With 20 years of experience as a chef and general manager, she has become a trusted expert for individuals and restaurants alike, specializing in menu development, recipe modifications, and addressing special dietary needs. She also holds a Bachelor's Degree in Culinary Nutrition and a Master's Degree in Health Sciences.

Marissa and her husband live outside of Washington, DC, with their two young daughters and their 16-year-old rescue labrador mix. In her spare time, you can find Marissa writing and sharing her Mom jokes and enjoying her own exploration of healthy culinary delights.

The Six Dimensions of Wellness Model

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), this interdependent model, commonly referred to as the Six Dimensions of Wellness, provides the categories from which NWI derives its resources and services.

OCCUPATIONAL The occupational dimension recognizes personal satisfaction and enrichment in one's life through work.



Occupational wellness follows these tenets:

- It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.
- It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.

PHYSICAL The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs, and excessive

alcohol consumption.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it.
- It is better to be physically fit than out of shape.

SOCIAL The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.

INTELLECTUAL The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

Intellectual wellness follows these tenets:

- It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.
- It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.

SPIRITUAL The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

Spiritual wellness follows these tenets:

- It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.
- It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

EMOTIONAL The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life.

Emotional wellness follows these tenets:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.