Living "Lived Experience"

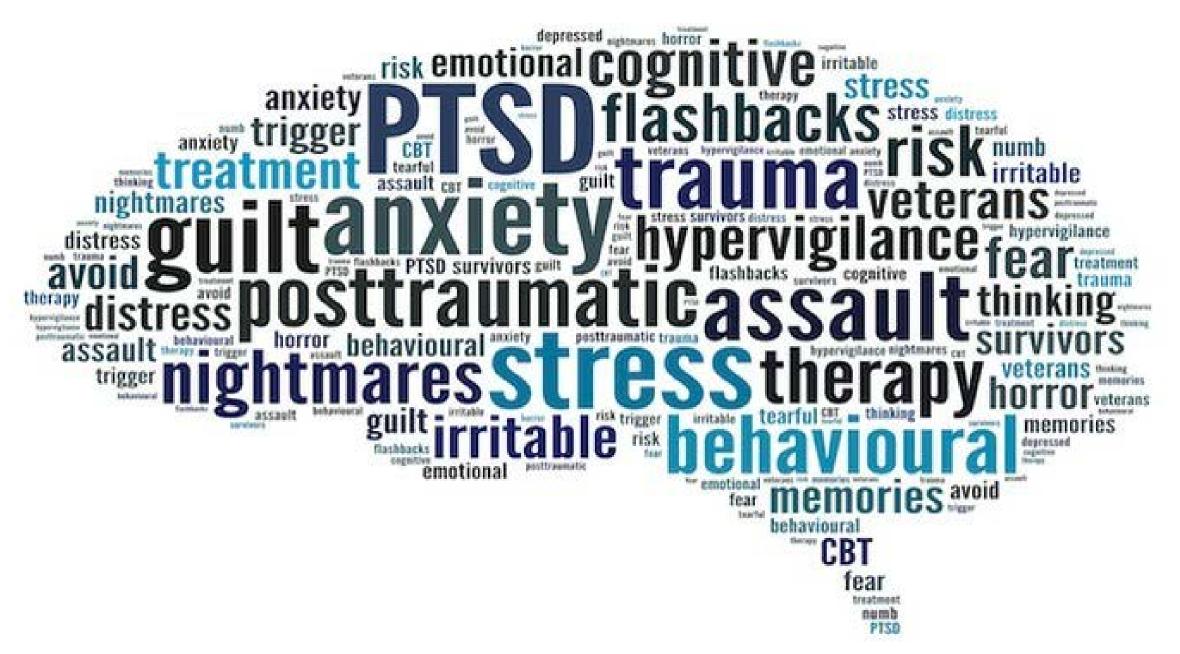
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6-11-19

Disclaimer: No commercial relationships or conflicts of interest to disclose

- To volunteers...
- To fellows in recovery...
- To family and friends...
- To professionals...
- To FDA officials...











Eight Dimensions of Wellness

EMOTIONAL

Coping effectively with life and creating satisfying relationships

SOCIAL **SPIRITUAL** Developing a sense of connection, belonging, and a well-developed support system **OCCUPATIONAL** Personal satisfaction and enrichment derived from one's work **FINANCIAL PHYSICAL** Satisfaction with current and future financial situations

ENVIRONMENTAL

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

Expanding our sense of purpose and meaning in life

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills

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







Thank you

Success is a science; if you have the conditions, you get the result.

Oscar Wilde

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