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**SPICES for Life**  
**Adapted from Julie Lusk's book**  
***Desktop Yoga™- The Anytime, Anywhere Relaxation Program (Perigee Books)***

SPICES for Life © is a comprehensive approach to wellness. Wellness promotes a positive attitude toward health and goes beyond being free from illness. It emphasizes individual uniqueness and the importance of self-responsibility for personal health. SPICES spells the six dimensions of wellness described below and each are equally important to living a well-rounded, wholesome life. Equal attention ought to be given to developing and balancing them throughout life.

A person who is **Socially** active and alive is one who is able to establish and maintain meaningful relationships with others. He or she is comfortable being and working with people from different age groups, cultures and backgrounds. Socially aware people are attentive to issues affecting their community and work for the welfare of the community by volunteering, voting and being involved.

The **Physical** dimension of wellness is much more than getting the right amount of exercise. It also means eating balanced, nutritious meals; maintaining proper body weight in relation to the frame size and paying attention to safety (i.e. wearing seat belts, preventing fires; locking doors; and not drinking and driving.) Physically well people don't get sick very often and make lifestyle choices that help prevent future health problems. Choices and actions are taken to protect the earth's environment by recycling, reusing, renewing and reducing the amount of resources used.

**Intellectually** healthy people tend to engage in creative, stimulating mental activities. They are active problem solvers and learn from mistakes. They set short and long-term goals and take steps to achieve their goals. Intellectually alert people are open to new ideas and change. Also included is the interest in current events, arts and entertainment. Curiosity, the interest in learning, and the development of new skills throughout life are also signs of intellectually well people.

**Career Development** is another side of a well-rounded person. Having a goal or direction in life is as important as taking the steps to achieve these goals. The satisfaction gained by one's work, whether in school, on the job or at home, and the degree of enrichment that is felt are measures of career health. A positive attitude towards one's work and maintaining balance is also important.

**Emotional** well being is related to one's awareness and acceptance of feelings and the ability to express feelings in a positive, productive manner. Emotionally healthy people generally experience and appropriately express a wide range of emotions and feelings. They also accept others' expressions of feelings. They feel positive about themselves and are enthusiastic about one's life and self and are able to cope with stress.

**Spiritually** well people are involved in the on-going development of a purpose and philosophy of life. They are involved in the internal development of a personal set of values, beliefs and ethics and strive to live by them. They acknowledge and appreciate the depth and expanse of life. Their spiritual nature supports and enhances their mental and emotional nature.

**Contact Julie Lusk to schedule a workshop or personal session.**

