

GFWC Health and Wellness CSP  
Becky C. Wright, Chairman  
Summer Institute Meeting 2024

**Slide One**

Title slide

**Slide Two**

What is Health and Wellness

**Slide Three**

Health is a state of body.

**Slide Four**

Wellness is a state of being.

**Slide Five**

The goal for the next two years is to lead and inspire you (and myself) to strengthen and nurture both the mind and body — starting with self-care.

Ladies, we cannot pour from an empty cup. But how do we ensure that our cup doesn't run dry?  
The Wellness Wheel.

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The Wellness Wheel first came about in the late 1970s as the brainchild of Dr. Bill Hettler. His principle was that we can live healthier, fuller, and better lives by being attentive to our balance and awareness in various areas of our lives. The original model, known as the "Six Dimensions of Wellness," contained six different sections that relate to a certain aspect of life. The visualization focuses on the facts that allow us to see how each is connected and how they, in turn, can affect our overall health.

Physical. Intellectual. Emotional. Spiritual. Environmental. And Social Wellbeing.

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This visual, an updated wheel of wellness, includes Financial Wellness and Occupational Wellness — a reflection of advancements for women.

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This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas.

The GFWC Club Manual is packed with ideas for each area, so please take advantage of this resource. Health and Wellness is a jam-packed program, and we will offer opportunities throughout the year for volunteer service.

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Additionally, GFWC offers a Community Connection Initiative for each of the Community Service Programs. Connect with your community for Health and Wellness by focusing on Caregiver Circle. The Caregiver Circle focus will build upon the importance of maintaining balance with emotional, nutritional, and physical health and provide much needed and deserved support for caregivers. Many times, those who are providing care for others overlook their own well-being. Caregivers are often an overlooked group who need support.

The Caregivers' Circle will encourage caregivers to prioritize their own needs, such as emotional health, nutritional health, and staying active — remember one cannot pour from an empty cup. Stressed. Exhausted. Unhinged. These are signs of a caregiver in need of support.

Think about this: Could your club start a community support group for caregivers.

**Slide Nine, Slide Ten, Slide Eleven**

November is Caregiver Recognition Month. Show special support by writing a notecard, providing a meal, treating them to a pedicure, give them a break. Remember caregivers with gifts that will make life easier.

Resilience Mental Fitness and Wellbeing Diary

Audible Books

Plush Robes

Spa Gift Basket

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Time off or maybe a  
Hello Fresh Delivery.

Or maybe something as simple as a journal, a candle. Tea, and a nice mug — anything to remind them they are seen, and they are loved.

On your table, you should have a reminder to just pop by to check on those in need of a little extra love.

And if you want me to pop into your club area to work with your club on Health and Wellness, just give me a heads up and I will do my best! Thank you!