

8 Dimensions of Wellness Resources

There are 8 dimensions of wellness to have a well-balanced life: physical, intellectual, spiritual, financial, emotional, environmental, occupational and social. It's important to address all aspects to be well-rounded and healthy. The below resources give some DHSS or MO specific ideas for where to get more info on each dimension. Read more about 8 dimensions of wellness at:

<http://dhssnet.state.mo.us/worksitewellness/pdf/dimensions.pdf>

Physical Dimension

- DHSS' Worksite Wellness intranet site offers a variety of information specifically for staying healthy while at work: <http://dhssnet.state.mo.us/worksitewellness/>
- DHSS' health insurance offers a library of educational information, printable recipes and videos. <http://www.mchcp.org/striveForWellness/index.asp>
- DHSS has many programs/services that help support a healthy life, in addition to links to other reputable resources: <https://health.mo.gov/living/wellness/>

Emotional/Social Dimension

- DHSS' COVID site offers emotional wellness tips around anxiety and stress: <https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/anxiety.php>
- Free emergency crisis hotline, referrals, coping and resiliency skills education: <http://dhssnet.state.mo.us/employeeinfo/pdf/show-me-hope-flyer-central.pdf>
- DSDS offers support to staff who have witnessed or experienced trauma, compassion fatigue, burnout and info on self-care: <https://health.mo.gov/seniors/apsmanual/doc/1705.15.doc>
- Mental Health America offers tips on living mentally healthy and recovery and support: <https://www.mhanational.org/live-b4stage4>

Intellectual Dimension

- DHSS HR provides lists and ideas for a variety of trainings: <http://dhssnet.state.mo.us/training/>

Occupational Dimension

- NETwork DHSS is focused on connecting team members with experienced leaders, navigating successful career paths, and hosting social and professional development events. <http://dhssnet.state.mo.us/network/>

Environmental Dimension

- Many things in the environment can affect our health. Learn more at: <https://health.mo.gov/living/environment/>

Spiritual Dimension

- National Alliance on Mental Illness, the nation's largest grassroots mental health organization, describes how both religion and spirituality can have a positive impact on mental health. <https://www.nami.org/Blogs/NAMI-Blog/December-2016/The-Mental-Health-Benefits-of-Religion-Spiritual>

Financial Dimension

- [Missouri Cafeteria Plan](#)
Allows an employee to set aside tax-deferred money to pay for medical, dependent (child/adult) care, and/or commuter costs. Contact: 800-659-3035
- [Missouri Consolidated Health Care Plan \(MCHCP\)](#)
Provides health, vision, dental and pharmacy benefits. Contact: 573-751-0771 or 800-487-0771
- [Missouri Deferred Compensation Plan - ICMA-RC](#)
Provides a convenient method to save money for retirement through payroll deduction on a pre-tax basis. Contact: 573-893-1053 or 800-392-0925
- [Missouri State Employee Retirement System \(MOSERS\)](#)
Provides retirement, life insurance, and survivor & disability benefits. Contact: 573-632-6100 or 800-827-1063
- [Missouri Savings for Tuition \(MOST\)](#)
Missouri's 529 College Savings Plan, which offers a convenient, flexible, and tax-advantaged way to save for college. Contact: 888-601-5100
- [Missouri Voluntary Life Insurance Commission \(MOVLIC\)](#)
A voluntary universal life insurance plan available to all State employees. Contact: 866-668-5421