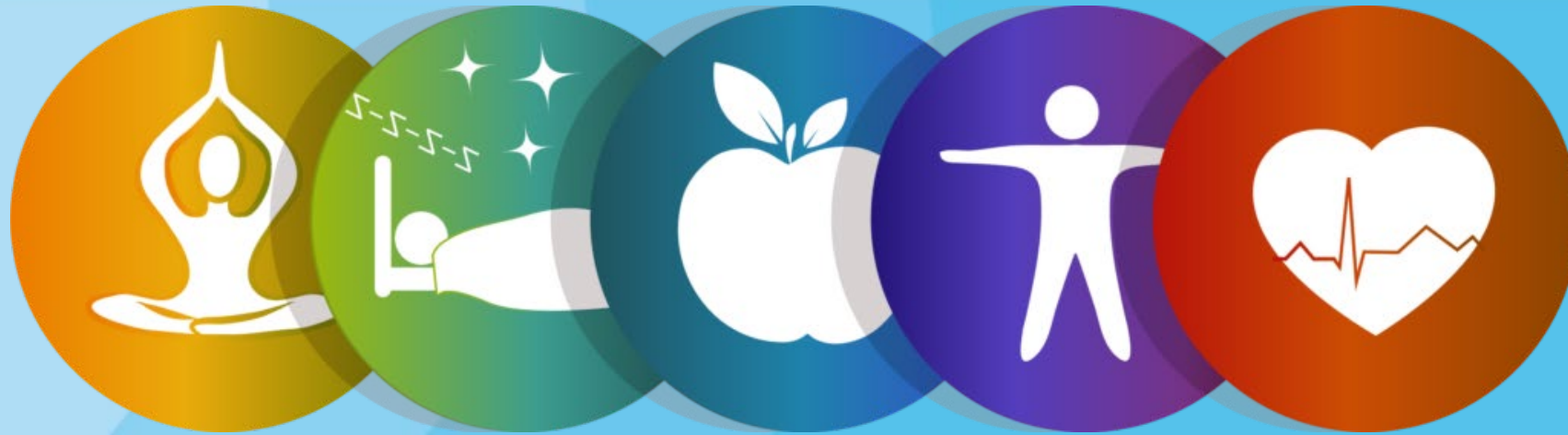


Triple-S Salud Population Health Management Division Preventive & Educational Community Services Unit

Well-being



Rev. 01/2024



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- 2

8 Dimensions of Well-being

- It is more than the absence of ailments, illness or stress. It includes the presence of:
 - A purpose in life.
 - Active participation in a rewarding job or recreational activity.
 - Healthy relationships.
 - A healthy body and living environmental.
 - Happiness.



Physical



- Body care and health maintenance.
- Some aspects that we can mention are:
 - Maintain balanced nutrition and adequate weight.
 - Get at least 150 minutes of physical activity a week.
 - Manage your sleep and rest routine between 6 to 8 hours.
 - Avoid the consumption of alcohol, tobacco and other substances.
 - Perform your annual preventive exam.



- Maintain curiosity towards learning and expanding skills.
- Take into consideration:
 - Your personal interests
 - Educational interests
 - Exercise your mind with various strategies
 - Surround yourself with people who stimulate and promote conversation about topics of mutual interest.

Intellectual



Emotional

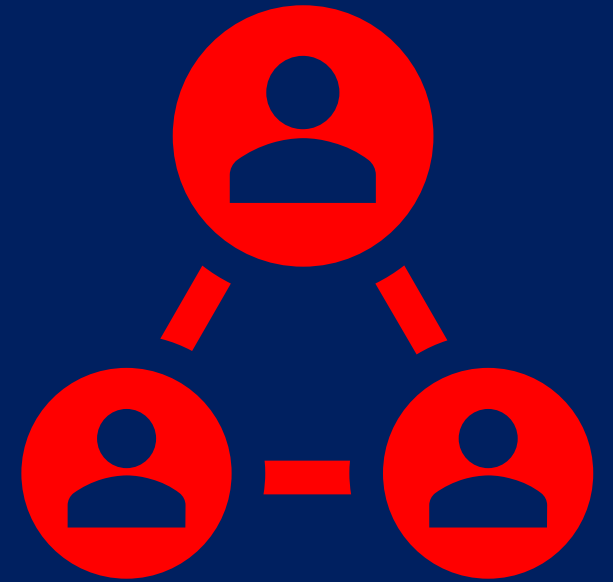


- Management of emotions, respect, values, feelings, attitudes, and positivity in life situations.
- Promotes the ability to express feelings, adapt to emotional challenges, face stressful situations and enjoy life.
- Practice positive self-affirmation daily.



- Maintain healthy relationships and contributions to the community.
- Stay connected with family and friends even from distance.
- Get involved in community activities or faith groups.
- Volunteer in community activities.

Social



Spiritual



- Recognize the value of organized groups and participate in activities where values, principles and beliefs are shared.
- Find space in your day to reflect, pray or meditate.
- Identify a group in your community to visit.
- Promotes respect and tolerance towards other groups, religions and beliefs.



- Personal development to enrich values and goals to contribute unique skills and talents for the purpose of rewarding growth.
- Identify areas of professional growth and strategies for continued development (courses, continuing education, workshops).
- Maintain a balance between your workload and personal life.

Occupational



Financial



- Resource management, making realistic investment decisions and preparing for short and long-term emergencies, considering that each person has their unique circumstances.
- Some strategies may be:
 - Establish a family budget according to income.
 - Find out from your bank about the various accounts and which is the best alternative.
 - Consult with your bank about financial advice for clients.



- Demonstrate commitment to the planet health, understand how the environment affects health and how daily habits affect the environment.
- Promote an ecological lifestyle: recycling, proper use of natural resources, and others.
- Contribute to the cleaning of common areas, for example beaches.
- Create a clean environment at home and work.
- Enjoy nature with walks, outdoor sports, and others.

Environmental



Total Well-Being

01

Wellbeing is a dynamic and changing process.

02

Personalized lifestyle that allows everyone to live according to their circumstances.

03

Decisions are not perfect all the time, but the important thing is to become a better person with each action.



Changing habits



- Identify the habit you want to change.
- Be aware of the factors that cause the habit you want to change.
- Look for healthy alternatives that you want to incorporate.
- Simplify the new habits for easier habits.
- Make a list of the long-term benefits of changing your habit.
- Be persistent in change.
- The time it takes to modify or change a habit may be different for each person.
- The important thing is to be persistent and do not give up.



We invite you to work on your health from a holistic perspective, addressing the 8 dimensions of well-being.





Questions?



For more information...

**Please contact the Preventive &
Educational Community Services
Unit at (787) 277-6571**



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