

: 8 Areas of Wellness Continued :

Occupational

Occupational wellness is a sense of satisfaction with your choice of work. Occupational wellness involves balancing work and leisure time, building relationships with coworkers, and managing workplace stress.

Physical

Physical wellness is affected by physical activity, healthy nutrition, and adequate sleep. There are many examples of physical activity that range in levels of intensity from light to vigorous.

Social

Social wellness is a sense of connectedness and belonging. The social dimension of health involves creating and maintaining a healthy support network. Developing a sense of connection, belonging, and a well-developed support system.

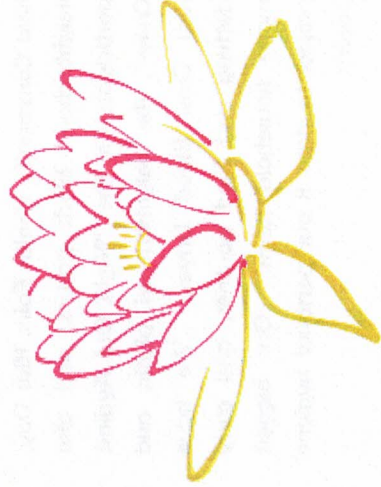
Spiritual

Spiritual wellness is related to your values and beliefs that help you find meaning and purpose in your life. Spiritual wellness may come from activities such as volunteering, self-reflection, meditation, prayer, or spending time in nature. Spiritual wellness is also expanding our sense of purpose and meaning in life.

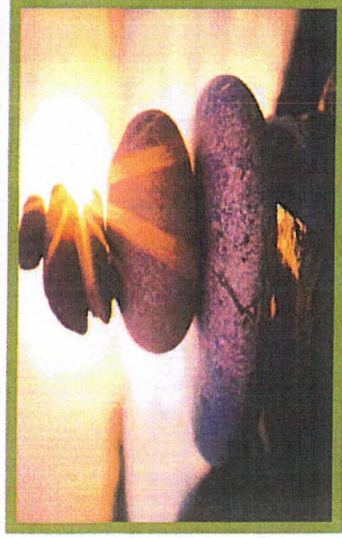
*Reference:
Substance Abuse and Mental Health Services Administration (SAMHSA). (2016, April 20). The Eight Dimensions of Wellness. Retrieved from <https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness>

“Our mission is to assist with immediate needs while addressing the areas of wellness that include:

Emotional
Environmental
Financial
Intellectual
Occupational
Physical
Social and
Spiritual.”



Saving Grace Advocacy



Hours of Operation:

Monday –Friday 9:00 a.m. to 4:00 p.m.

*These hours are subject to change daily based on circumstances that may arise.

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:: 8 Areas of Wellness ::

Emotional

Emotional wellness is an ability to cope effectively with life and build satisfying relationships with others. People with healthy emotional wellness feel confident, in control of their feelings and behaviors, and are able to handle life challenges.

Environmental

Environmental wellness is related to the surroundings you occupy. This dimension of health connects your overall well-being to the health of your environment. Your environment, both your social and natural surroundings, can greatly impact how you feel.

Financial

Financial wellness is a feeling of satisfaction about your financial situation. Finances are a common stressor for people, so being able to minimize worry about this aspect of your life can enhance your overall wellness.

Intellectual

Intellectual wellness is when you recognize your unique talents to be creative and you seek out ways to use your knowledge and skills. When you foster your intellectual wellness, you participate in activities that cultivate mental growth.

:: Saving Grace Advocacy's Story ::

"In 2013 Saving Grace Advocacy, a nonprofit agency formed a partnership with St. Paul's United Methodist Church to serve those in need in Elkhart County. Since conception we have served over thousands individuals and families. We are working with local agencies to ensure that those in our community have an emotional and financial safety net and are able to work toward becoming self-sustaining. Saving Grace individualizes each situation and works one on one with each family. Many times, we help avoid a financial spiral that can take months to remedy. We have been able to assist with food, medications, clothing, utilities, rent, household items, baby items, gas, transportation, advocacy, employment issues, and counseling...to name a few. We also are investing in the North Riverside community. We have held Community Health Fairs, Kids Day, neighborhood block parties, and also participated in the "Night Out Against Crime", the neighborhood picnic, and Red Cross Blood Drives. We have clothing and food pantries, and carry many household items. Our biggest project to date is our personal hygiene pantry.

Saving Grace Advocacy's Story

Continued:

Our mission is to assist with immediate needs while addressing the 8 areas of wellness that include emotional, environmental, financial, intellectual, occupational, physical, social, spiritual."

-Chris Ulery, LSW

Saving Grace Advocacy Director

Saving Grace Advocacy Board

Members (listed from left to right):



Terrera Stryker, Pastor Tom DeFries, Broct Weaver, Nancy Hagerdom, Jay Barhydt, Katy Barhydt, Sandy Lindahl-Baird, Chris Ulery—LSW and Saving Grace Advocacy Director, and Betty Nelson *Not pictured: Nick Corpe, Lauren Ulery, Sue Geyer, and Kelsey Lynch.