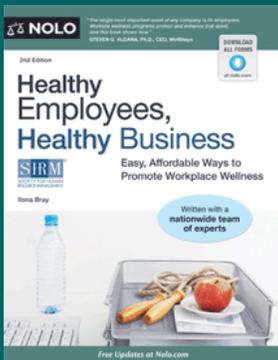
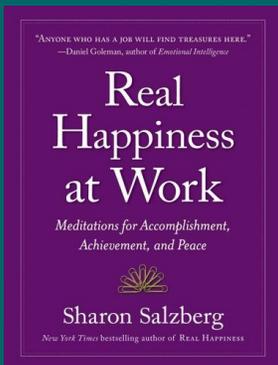
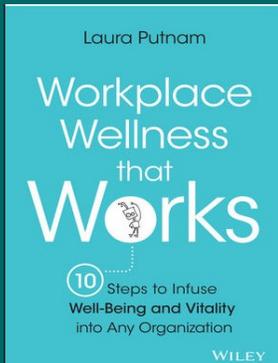


Second Quarter 2016

VOLUME 10 ISSUE 2

### Books



News You Can Use is a publication of the State Library of Ohio. For more information contact Judith Cosgray, State Government Outreach Consultant at [jcosgray@library.ohio.gov](mailto:jcosgray@library.ohio.gov) or 614-995-9359



## Workplace Wellness

We live in a fast-paced, busy world, full of constant distractions. We're continually involved with technology and on the go between work, home and family commitments. For employees, the maintenance of individual health is often seen as a difficult challenge. Demands of the work day, family responsibility, and other social obligations can become overwhelming without thinking about a wellness regime.



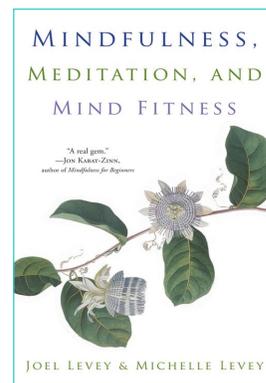
Adopting healthy behaviors not only reduces risk for developing disabling or life threatening diseases, it improves everyday quality of life. Healthy employees handle stress better and are more productive and engaged. This leads to higher productivity and happier employees. Participating in a wellness program is not all about exercising or weight loss. Wellness encompasses the whole person by supporting your physical as well as emotional needs.

It takes time to break old habits and develop new ones, but getting started is easier than you think. The State Library of Ohio is committed to supporting state employees on their wellness journey. We strive to provide materials in print and digital formats that will help employees become less stressed, more organized, eat

healthier and motivate you to move.

We have found some easy tips that will help you achieve your wellness goals. Start by setting small, attainable goals. Sustainable lifestyle changes are achieved by a gradual process of setting and meeting realistic short-term goals. This is true for fitness, financial and emotional goals.

Understand your goals, and explain them to others. Let your friends and family know what you are doing, and why you are doing it. Let them hold you accountable. Making a serious lifestyle change can be difficult. Achieve a balance between work and leisure in a way that promotes health, a sense of personal satisfaction and is financially rewarding. In



addition there are eight dimensions of wellness that are identified by the U.S. Department of Health and Human Services. Try to identify little ways to improve each

aspect in your personal and professional life. Learning about the "Eight Dimensions of Wellness" can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your health.



## The Eight Dimensions of Wellness are:

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one's work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding a sense of purpose and meaning in life

If you need help finding books, audio books, eBooks, eAudio, articles or other materials to assist you on your wellness journey, contact the Research Services desk at 614-644-7061, email [refhelp@library.ohio.gov](mailto:refhelp@library.ohio.gov) or chat with us at [library.ohio.gov/ask-us](http://library.ohio.gov/ask-us)

### Ask a Librarian

#### Question:

I recently attended a workshop, and the presenter recommended a book for follow-up reading. I noticed the State Library of Ohio does not own a copy. Is there a way I can suggest the item for purchase?

#### Answer:

Yes, we do have a way for state employees to suggest a title for our collection. The State Library of Ohio website has a form you may fill out, and it can be found here: [library.ohio.gov/suggest-a-title/](http://library.ohio.gov/suggest-a-title/). Please be aware that not all titles suggested fit into the scope of our collection, or are available for purchase from our vendors.

### A Smarter Ohio

State Library of Ohio, 274 East First Avenue, Columbus, OH 43201  
[refhelp@library.ohio.gov](mailto:refhelp@library.ohio.gov) 614-644-7061

[library.ohio.gov](http://library.ohio.gov)

### Ohio Digital Library

