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 - » [Nutrition.gov](#)
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 - » [CDC's Tips: Tobacco](#)
 - » [Information and Prevention Source](#)
 - » [National Cancer Institute: Cancer Information Service](#)
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Girl Scouts Benefits Overview

The San Jacinto Girl Scouts Council is making a long term commitment to creating a wellness culture and supporting a healthy environment.



Plan Highlights*

	Wellness Information
Plan Information:	<p>Wellness is a lifelong journey. It is an active process of making choices and commitments within the six dimensions of wellness.</p> <p>The six dimensions work independently and together. Understanding the dimensions of wellness gives you insight into shaping the quality of your life, work and wellbeing. Explore these dimensions to consider how you can optimize your wellbeing and support others on their wellness journey.</p>
EMOTIONAL:	<p>People with high levels of emotional wellness:</p> <ul style="list-style-type: none"> •are aware of feelings, thoughts and philosophies •are able to express feelings freely •maintain a positive and enthusiastic outlook •realistically assess limitations •actively seek relaxation, coping with stress and support from others •take responsibility for actions •take healthy risks •recognize and deal with conflict effectively
PHYSICAL:	<p>People with high levels of physical wellness:</p> <ul style="list-style-type: none"> •engage in regular physical activity, recreation, sports •get physical checkups •manage self-care •enhance energy level, nutrition, weight management, self image, posture, personal hygiene, sleep and rest patterns
OCCUPATIONAL:	<p>People with high levels of occupational wellness:</p> <ul style="list-style-type: none"> •assess current situations •take vacations •seek educational opportunities •manage insurance and benefits and make retirement plans •pursue a sense of fulfillment, potential growth, challenge, camaraderie, satisfaction, self-improvement, business skills, helping others, and developing staff
SPIRITUAL:	<p>People with high levels of spiritual wellness:</p> <ul style="list-style-type: none"> •explore and strive to act in congruence with their personal philosophy •have a sense of commitment which may include tradition, church affiliation, faith, prayer life, spiritual fulfillment, the feeling of tapping into or connecting with a greater power •strive to find and fulfill a sense of meaning and purpose in life
SOCIAL/FAMILY:	<p>People with high levels of social and family wellness:</p> <ul style="list-style-type: none"> •build healthy relationships •cultivate opportunities to enhance social skills, community involvement, charitable efforts, friendships, reputation, clubs organizations, service to country •value and build parenting skills, family activities, reunions, values shared, love relationship, vacations
INTELLECTUAL:	<p>People with high levels of intellectual wellness:</p> <ul style="list-style-type: none"> •enhance opportunities for continuing education, formal education, growth experiences, creative activities, cultural growth •create and maintain mentor relationships, hobbies, music •develop significant ideas and explore thoughts and attitudes

*** This site provides a brief summary of your plans; it is not a contract.
Please see insurance contracts (available from Human Resources) for complete policy details and limitations.**

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