

Shared Housing Community Connections

Community relationships are the most important ingredient for ongoing housing stability. The existence of meaningful relationships supports each person's sense of autonomy, competence, and connectedness, profoundly impacting overall wellness. Our connection to natural and community supports promotes the process of adapting new patterns of behavior and improving housing stability.

Support options found in every community include: self-help groups, libraries, 12-step meetings, faith-based communities, mental health skill building supports, outdoor clubs, local adult education classes, meet-up activity groups, nature parks, etc. Understanding how wellness, community connections and supports impact our housing stability means understanding a framework for wellness.

8 Dimensions of Wellness have been defined as: Emotional; financial; social; spiritual; occupational; physical; intellectual; and environmental health.

For every individual, these dimensions are interconnected, with an imbalance in one area impacting the stability of other areas. **The ability to make choices that promote balance and support the attainment of personal goals is essential for long-term housing stability.**

People empowered to identify their own next steps in each of the 8 dimensions of wellness and health increase housing stability.



In Eight Dimensions

Personal Wellness Plan (reevaluate in 4 months)

Emotional, physical, social, and occupational wellness are all essential components for good health and stable housing.

Are you supporting your Emotional Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I can name two people I can call for help or support.			
I can name two people I have helped in the last 30 days.			
I speak to a friend at least once per day (via phone or in-person).			

Are you supporting your Physical Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I know how to reach my doctor if I have any health concerns.			
I regularly purchase fruits and vegetables and actively monitor my diet.			
I exercise or takes walks with myself, a group, or a friend regularly.			

Are you supporting your Social Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I am regularly in touch with my family and/or friends.			
I try to help my family and friends in different ways.			
I am involved in at least one community organization, social program, and/or attend community events.			

Are you supporting your Occupational Wellness?

Check the best response for each question	No	Sort-of/ Sometimes	Yes
I attend a full-time job or have a volunteering commitment.			
I can name two things I participate in outside of my home that give me fulfillment.			
I am committed to learning a new skill - exploring my purpose.			

My recent achievements in attaining wellness:

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-
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My new goals and action steps (set hope-to-achieve dates):

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Key challenges to achieving my goals:

-
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Resources to help me achieve my goals (community or faith-based centers, self-help groups, library programs, parks, wellness care, mental health care, etc.):

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Celebrate your success!