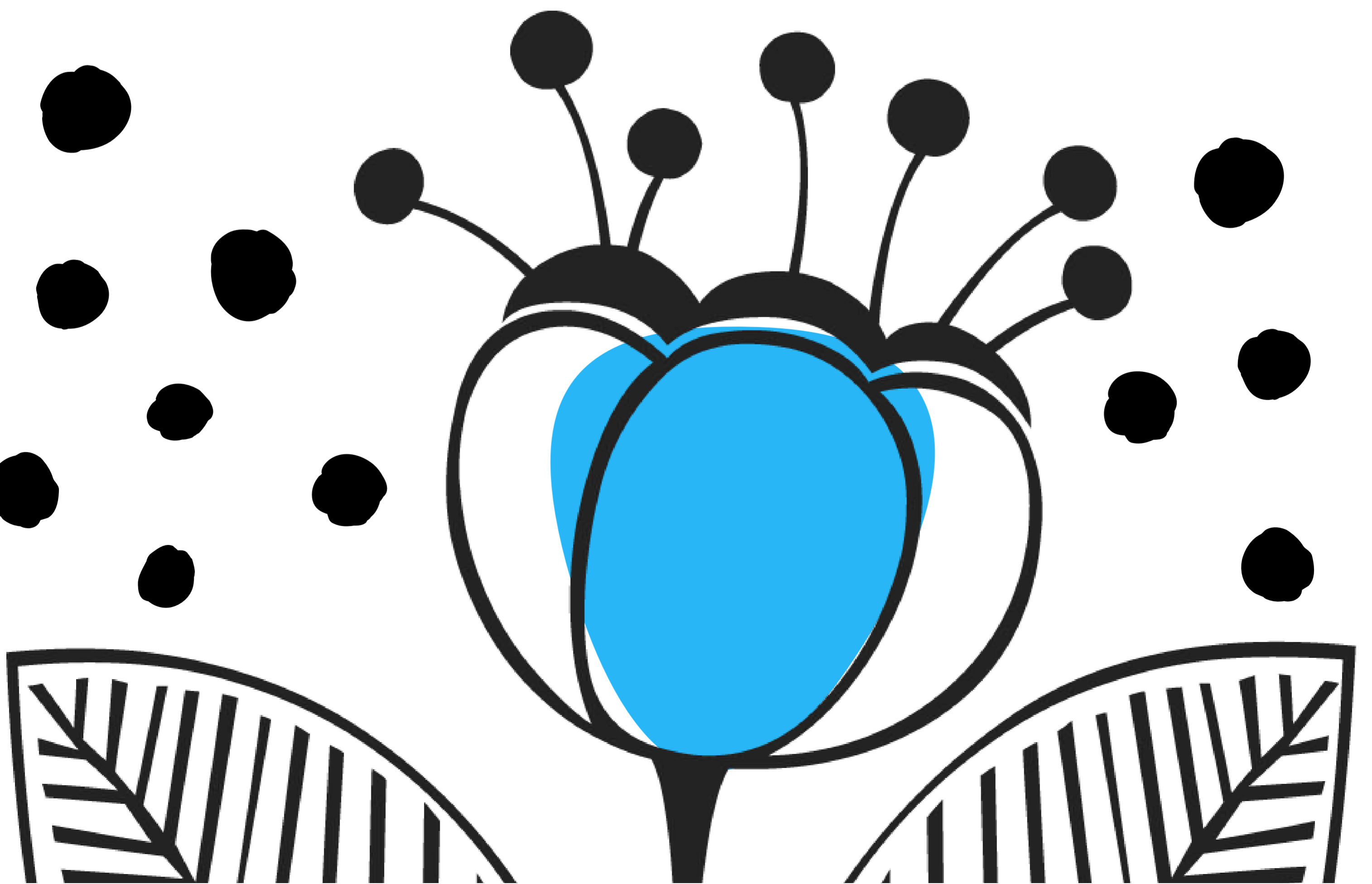
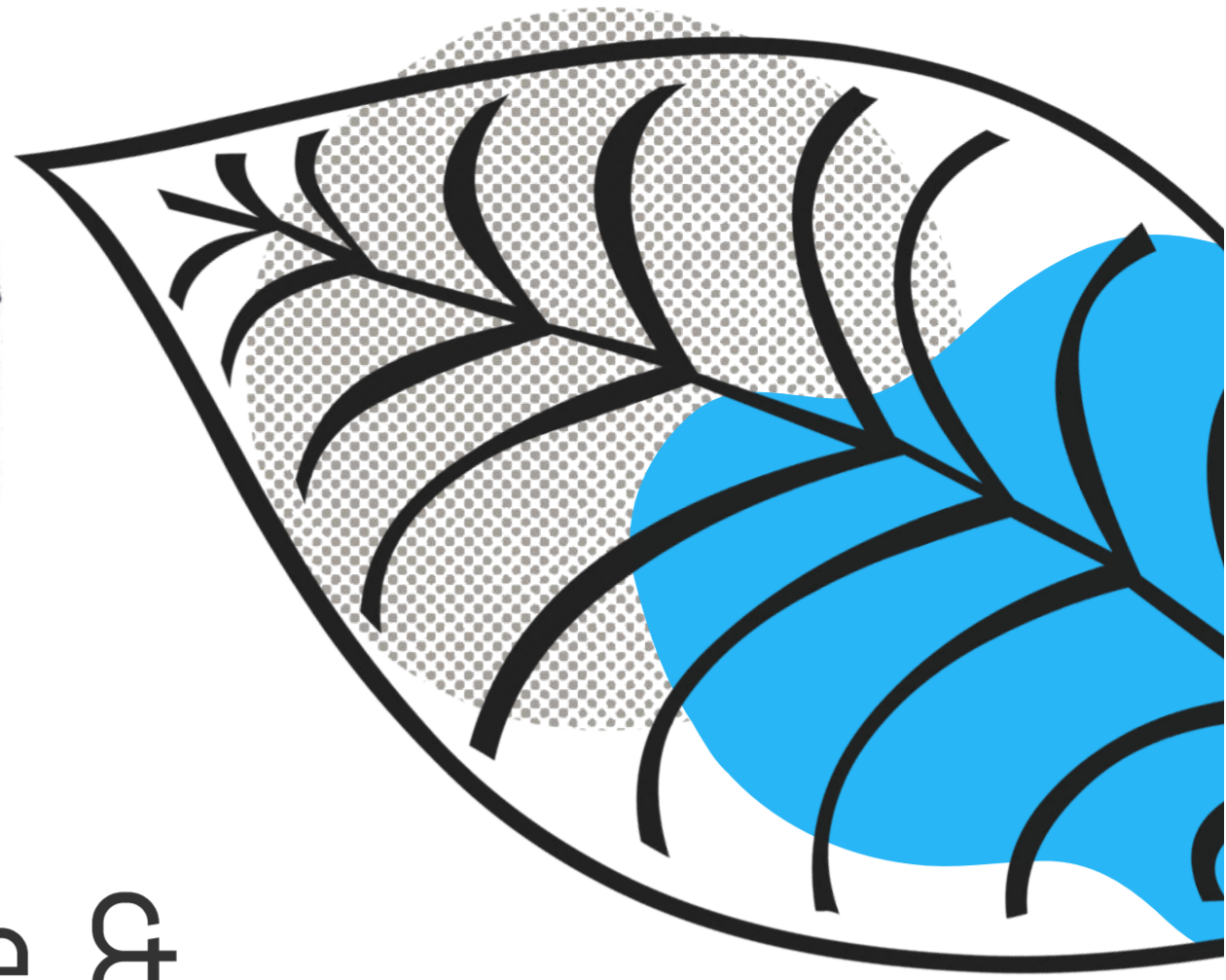


Using The 8 Dimensions of
Wellness
with the Harm Reduction
Principles
VOL. 2



Harm Reduction



Keeping individuals alive & as healthy as possible.

A set of practical strategies involving safer use, managed use, abstinence

Built on belief, respect for and rights of people who use polysubstance.

National Harm Reduction Coalition 2020

Harm Reduction Prevents:

Overdose

Infectious Disease Transmission

Improves physical, mental,
and overall wellness.

Wellness is being in good physical
and mental health.

Mental and physical health are
linked; problems in one area can
impact the other.



National Harm Reduction Coalition, 2020

Remember that wellness is not the absence of illness or stress. You can still strive for wellness if you experience challenges in your life.

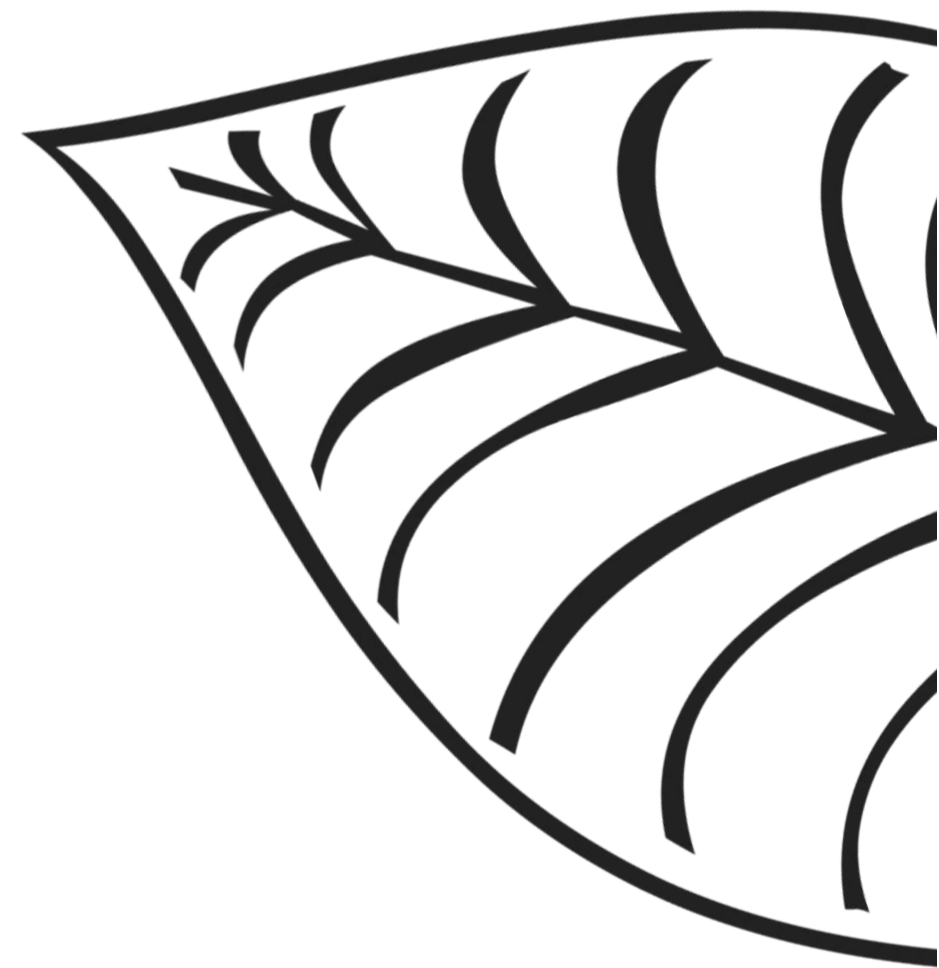


The 8 Dimensions of Wellness

Physical, Emotional, Social,
Intellectual, Occupational,
Financial, Spiritual,
Environmental

It's natural to value each differently.

Each dimension changes over time,
depending on life events.



Using both the Harm Reduction Principles and the 8 Dimensions of wellness together may increase quality of life and help create healthy habits for people who use polysubstance.



- Increase your quality of life by practicing;

Physical Wellness

Establishes quality of individual and community life and well-being – not necessarily stopping all polysubstance use. Recognizing the need for physical activity, healthy foods and sleep.

National Harm Reduction Coalition 2020
SAMHSA, 2016



Increase your quality of life
by practicing:

Emotional Wellness

Coping effectively with life

Understanding your feelings

Coping with stress

Learning to utilize harm reduction
methods

Understanding that "some ways of using
polysubstance are clearly safer than
others."

National Harm Reduction Coalition 2020
SAMHSA, 2016

Increase your quality of life by practicing:

Intellectual Wellness

Recognizing your creative abilities and finding ways to expand your skills & knowledge as well as learning and accepting that polysubstance use is part of our communities.

National Harm Reduction Coalition 2020
SAMHSA, 2016



Increase your quality of life by
practicing:

Social Wellness

A sense of belonging & connecting with others in a respectful way & developing positive relationships. Recognizing the realities of peoples' vulnerability to and capacity for effectively dealing with polysubstance related harms.

National Harm Reduction Coalition 2020
SAMHSA, 2016



Increase your quality of life by practicing:

Spiritual Wellness

Developing values & beliefs. Finding a meaning and purpose in life. Also, learning and not minimizing or ignoring the real and tragic harm and danger that can be associated with polysubstance use.

National Harm Reduction Coalition 2020
SAMHSA, 2016

Increase your quality of life by practicing:

Environmental Wellness

Establish good health by occupying pleasant, stimulating environments that support well-being.
Ensuring that people who use substance or have a history have a real voice in the creation of programs and policies designed to serve them.

National Harm Reduction Coalition 2020
SAMHSA, 2016



Increase your quality of life by practicing:

Financial Wellness

Finances are common stressors and at a time may impact our health, increase people's vulnerability to stress leading to preventable illness, and their capacity to effectively deal with polysubstance related harm.

National Harm Reduction Coalition 2020
SAMHSA, 2016



Increase your quality of life by practicing:

Occupational Wellness

Establish a satisfaction with your choice of employment. Balancing work, relationship with co-workers. Occupational Wellness calls for the non-judgmental, non-coercive provision of services and resources to people who use polysubstance and the communities in which they live in order to assist them in reducing harm.



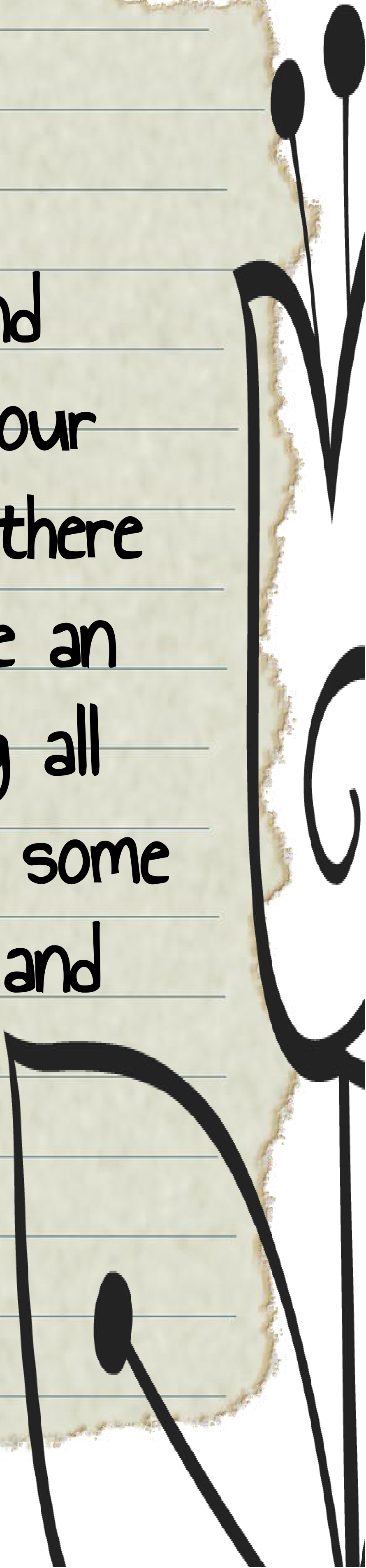
National Harm Reduction Coalition 2020
SAMHSA, 2016





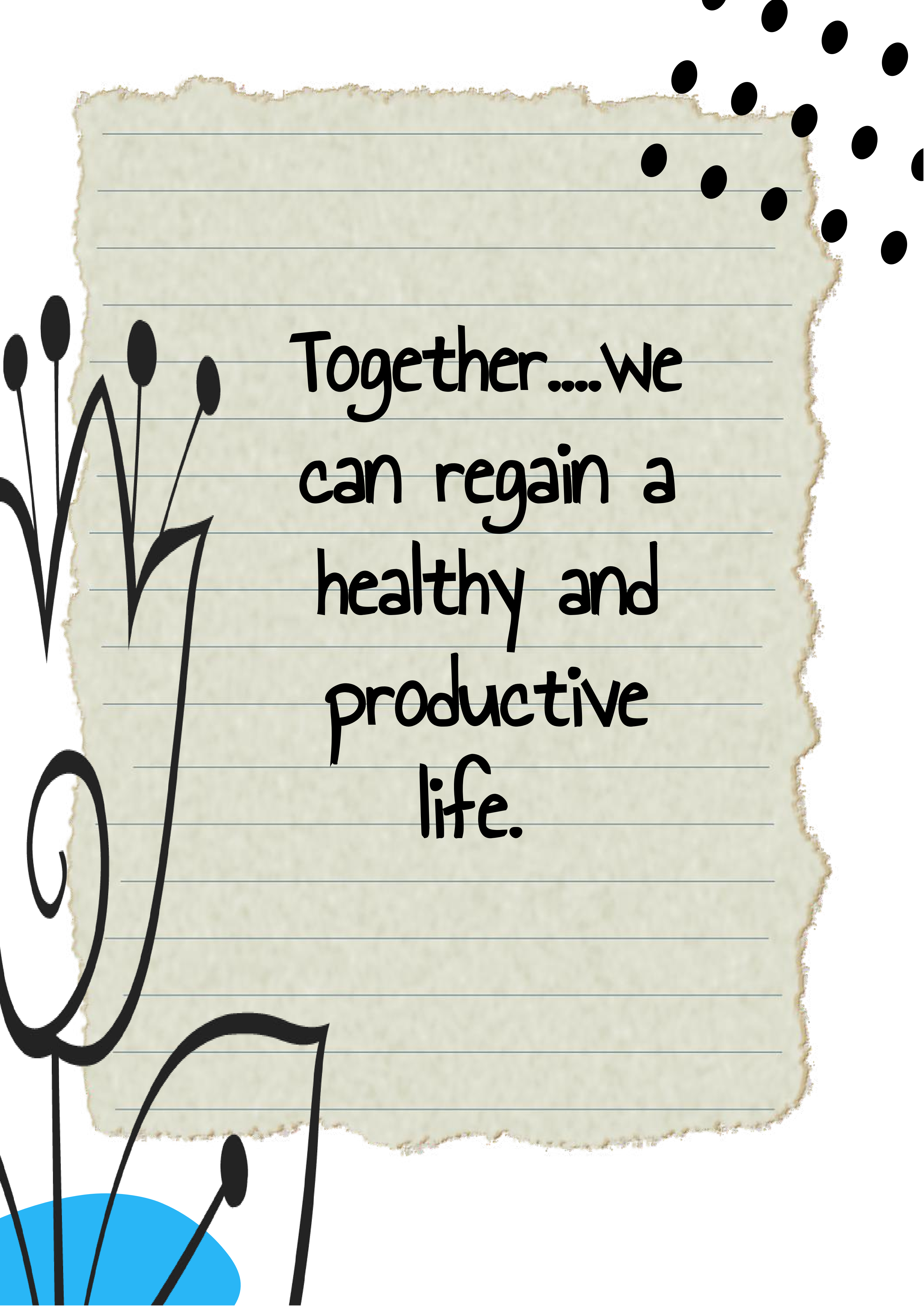
Remember:

All dimensions and principles require your attention, "Although there does not need to be an equal balance among all dimensions, all require some level of awareness and committment."



Scottsdale Recovery, 2022





Together...we
can regain a
healthy and
productive
life.

Full range of Services:
Testing, Prevention
Programs, Care & Support!

<https://www.NMHIVGuide.org>



For More information

please contact:

hivguidenm@gmail.com



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