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6. Spiritual wellness
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7. Intellectual wellness
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8. Environmental wellness
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Health, Wellness, & Resilience

The 8 Pillars of Wellness

David R. Edwards, PhD, CTSS

INTRODUCTION:

- What is health?
- What is wellness?
- What is “holistic” wellness?
- What is resilience?

STRESS IN EMERGENCY SERVICES:

- Internal stress
- External stress
- Cumulative stress
- Critical incident stress
- Family stress

STRATEGIES FOR A HOLISTIC APPROACH TO WELLNESS:

1. Physical wellness
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2. Social wellness
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3. Emotional wellness
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4. Occupational wellness
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5. Financial wellness
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