



# Wellbeing Podcast

## S1E1: WHAT IS WELLBEING?

### SPIRITUAL

This is the dimension of your life that is interconnected with God, discerns the Holy Spirit, and is being transformed into the likeness of Jesus.

### COGNITIVE

This is one side of the 'mind coin' and has to do with your thoughts, memory, information processing and decision making based on your thoughts.

### EMOTIONAL

This is the other side of the 'mind coin' and has to do with your feelings and how you navigate and manage them.

### PHYSICAL

The physical dimension invites you to care for your biochemistry and physiology in order to provide a foundation for other dimensions

### RELATIONAL

The essence of who you are requires interconnection with others. Understand what has influenced your ability to relate and cultivate skills for interpersonal wellbeing.

### MEANING

Why do you exist? What story do you believe your life is a part of? Do your values and lived experience mirror one another? These questions frame this dimension.

### EXTRA READING

Check out the summery overview that students read at the start of class. It is accessed by clicking on the button labeled 'extra reading'



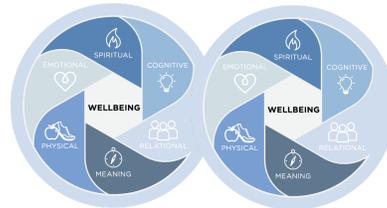
### SUMMARY

The kind of wellbeing we are aiming for at Bethel is first of all an intrapersonal wellbeing that then fuels interpersonal wellbeing. This kind of wellbeing was experienced in the garden and is part of the redemption, restoration and renewal process God initiated after the fall. When God created humanity, God ushered in a state of shalom which is a layered Hebrew concept that includes a justice-infused peace, wholeness, thriving and wellbeing. This kind of wellbeing intrinsic to shalom shapes the trajectory of the wellbeing conversation and practice at Bethel.

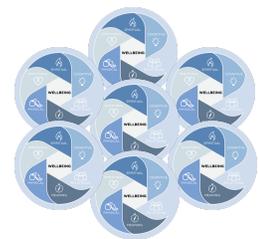
#### INTRAPERSONAL WELLBEING



#### INTERPERSONAL WELLBEING



#### SYSTEMS WELLBEING



### NOTES

Space for you to jot down insights or questions you want to reflect on after listening to the podcast: