

## 4. Intellectual Wellness

**Definition:** Recognising creative abilities and finding ways to expand our knowledge and skills while discovering the potential for sharing those gifts with others. Lifelong learning, application of knowledge learned, and sharing knowledge.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

### Intellectual Wellness Checklist

- Using creative abilities
- Exercising critical thinking skills
- Pursuing lifelong learning
- Engaging with books, articles, or other content that interests you
- Exploring public or community events
- Developing and learning new skills
- Applying knowledge through problem-solving and analysis
- Challenging yourself mentally (puzzles, new language, new instrument)

### Reflective questions

- Do I strive to learn new things and exercise my brain?
- Do I use my creative abilities to explore ideas or solve problems?
- Do I engage with books, articles, or other content that interests me?
- Do I seek out diverse perspectives and challenge myself to think in new ways?
- Do I cultivate positive and constructive thought patterns in daily life?