

WE BELIEVE IN WHOLE-PERSON WELLBEING

At YMCA of the North, we are here to support you on your journey to a healthier, more fulfilling life and want to ensure everyone can achieve their full potential.

We believe wellbeing is personalized, nonlinear, communal, equitable, and interconnected. There is no one-size-fits-all approach to wellbeing. Our circumstances and experiences are ever-changing. And the health and wellbeing of individuals and communities are interwoven.



Five Dimensions of Wellbeing

The Five Dimensions of Wellbeing is an interdisciplinary and intersectional framework grounded by the human need for self-love, community, and purpose. These dimensions offer guidance for self and community care.



Nourish

Food is fundamental for physical and mental health.



Move

Moving matters for a strong spirit, mind, and body.



Reflect

Pausing to reflect helps us to connect with ourselves and our values.



Connect

Connection with others is essential for our wellbeing.



Restore

Creating balance in our lives helps us to recharge and thrive.

Whole people. Whole lives. Whole communities.

YMCA of the North is committed to addressing social determinants of health, bridging the gap between clinical healthcare and community whole-person care, and cultivating an equitable health ecosystem to eliminate disparities.

A George Wellbeing Initiative

Thank you to Penny and Bill George and the George Family Foundation for their passionate commitment to whole-person health and wellbeing, and to YMCA of the North.



Nourish



Food is fundamental

To nourish means to feed the spirit, mind, and body so that we may improve our lives, better our communities, and care for the environment.



The nourishment of the body is food, while the nourishment of the soul is feeding others.

Ali ibn Abi Talib



Food is fuel for the spirit, mind, and body
Food affects our individual and collective wellbeing.



Food is personal and purposeful
Good food satisfies our senses and supports us in finding joy.



Food is rooted in culture
Food helps us express and explore our connections with others.



Food access is essential
The ability to access nourishing food is a right for all.



Food supports sustainability
We should grow, gather, and prepare food in ways that support the earth.

Nourishment is more than food

We also nourish our whole-person through movement, reflection, connection, and restoration.

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Move



Moving matters

From the basics of breathing to enjoying beloved activities, movement is essential to whole-person wellbeing.



Nothing happens until something moves.

Albert Einstein



Moving is personal

Movement is different for everyone – make it your own!



Movement happens everywhere

You can move indoors, outdoors, alone, and with others.



Move with purpose

Create opportunities to move daily.



Movement is ever-changing

How you move will ebb, flow, and evolve.



Moving promotes wellbeing

Moving supports a healthy spirit, mind, and body.

Movement is more than physical activity

We also move our whole-person forward through reflection, connection, restoration, and nourishment.

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ymcanorth.org/5DoW

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Reflect



Pause to reflect

Reflection is an intentional practice that helps us seek a more profound understanding and make meaning of our experiences, alone or with others.



Reflection takes courage

Reflection requires us to be intentional about connecting with ourselves and each other.



Reflection shifts perspective

Reflection helps us grow from our experiences.



Reflection accelerates learning

Reflection helps us approach life with curiosity and self-awareness that welcomes new possibilities.



Reflecting promotes community

Reflection with others can create a sense of belonging.



Reflection provides hope

Reflection allows us to imagine a future connected to our purpose and values.



Life is best lived one day at a time when enriched with reflection and human connection on a deeper level.

Janani Srikanth

Reflection is more than deep thought

We also reflect our whole-person through nourishment, movement, connection, and restoration.

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Connect



Connection is the key

We must authentically connect with ourselves, others, and nature to build relationships that offer purpose and a shared sense of belonging.



Connection matters

Feeling seen, heard, and valued is belonging.



Connection is different for everyone

How we connect is learned through cultural and personal experiences – there is no “one way” to connect.



Connection happens everywhere

We embrace opportunities to connect with ourselves, others, and our environment.



Connection strengthens community

We can better support our collective wellbeing through increased empathy and awareness of each other.



Connection is worthwhile

While ever-changing, connecting at any level has value and makes a difference.



Communication is merely an exchange of information, but connection is an exchange of our humanity.

Sean Stephenson

Connection is not just external

We also connect with our whole-person through nourishment, movement, reflection, and restoration.

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Restore



Create balance

Restore is an ongoing journey of tending to our spirits, minds, and bodies to relax and replenish ourselves, our communities, and our environment.



Balance is not something you find, it's something you create

Jana Kingsford



Restoration starts with curiosity

We stay open and listen to ourselves.



Restoration is personal

We explore and discover what supports us.



Restoration is interdependent

Our experiences, environment, and relationships impact our ability to replenish.



Restoration is for everyone

We are all worthy of restorative practices.



Restoration takes effort

We are intentional and patient, and we take our time.

Restoration is more than rest

We also restore our whole-person through nourishment, movement, reflection, and connection.

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