



**WELLNESS™**  
REVOLUTION

Working in the veterinary profession can be a challenge, even as we recognize the value we bring to the lives of our patients and our clients. Given that reality, we are exploring how we can stay at the top of our game professionally and care for ourselves as we succeed. In 2017, we will explore new aspects of living a full and satisfying life and provide exercises or action steps that can be applied immediately to daily life.

We must all be our own best advocate! Join us in this Wellness Revolution!

—Kathleen Ruby, PhD

**Part 2 of our Wellness Revolution series**

# What Is Wellbeing, Why Is It Important, & What Can We Do to Promote It?

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With wellbeing emerging as an essential topic in veterinary medicine discussions, articles, and conferences, I have become increasingly curious about how wellbeing is defined and achieved.

(I was also curious about how wellbeing is spelled. Is it 2 words? One word? Hyphenated?) In the process of researching this article, I discovered that wellbeing has at least 3 different accepted spellings. This variance in what is “right” seems symbolic of the wellbeing issue itself because wellbeing can be achieved through multiple approaches. Different preferences and strategies suit different people.

Find the first article in our Wellness Revolution series, published in the January-February issue, at [brief.vet/veterinary-wellness](http://brief.vet/veterinary-wellness)



### **What Is Wellbeing?**

One wellbeing definition is “when individuals have the psychological, social, and physical resources they need to meet a particular psychological, social, and/or physical challenge.”<sup>1</sup> Wellbeing includes “the presence of positive emotions ... the absence of negative emotions ... satisfaction with life, and fulfillment and positive functioning.”<sup>2</sup>

### **Why Is Wellbeing Important?**

Even with the best intentions, slowing down and concentrating on what we need to walk the tightrope between resources and challenges can be difficult. Our drive to succeed can come at a cost; for example, we may yearn for simplicity yet struggle to find it. We rationally understand the importance of balance, yet many of us are hard-pressed to achieve or maintain it. Prioritizing the effort is essential, however, as wellbeing is

associated with numerous individual, family, and community-related benefits (eg, decreased injury, illness, and disease risk; enhanced immune functioning; increased longevity).<sup>2</sup> Also, people with high levels of wellbeing are more productive and contribute more to their communities.<sup>2</sup>

### **A Wellbeing Framework**

Wellbeing stems from an interactive relationship between various wellness dimensions, with no single perfect plan but rather a spectrum of useful strategies. Often, our needs change from day to day. An ideal plan may need to be adaptive because what works one day may not work the next.

A plan's success is dependent on a number of variables (eg, environment, individual preferences, personal accountability, available resources, strengths, interests, life phase).

The essential skills of being a whole, healthy veterinary professional include intentional integration of the following dimensions<sup>3</sup>:

#### ■ **Occupational Wellness**

The professionally well person engages in work to gain personal satisfaction and enrichment consistent with his or her values, goals, and lifestyle.

#### ■ **Intellectual Wellness**

The intellectually well person values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews, and engage in education for the pursuit of knowledge.

#### ■ **Spiritual Wellness**

The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose and its meaning and finding a connection through dialogue and self-reflection.

#### ■ **Social Wellness**

The socially well person has a support network based on interdependence, mutual trust, and respect and has developed sensitivity and awareness of others' feelings.

#### ■ **Emotional Wellness**

The emotionally well person can identify, express, and manage the

**Within 6 months of engaging in the 3-good-things-a-day writing exercise, you will statistically have less depression, less anxiety, and higher life satisfaction, according to one expert.**

# People with high levels of wellbeing are more productive and contribute more to their communities.

## TAKE ACTION

- 1** Raise awareness. Find a quiet location to write about the following:
  - For which wellness dimensions do you currently have the resources to adequately meet the challenges?
  - For which dimensions are additional resources needed to adequately meet the challenges?
  - Rank each dimension in the order of which is most valuable to you, with 1 being the highest value and 9 the lowest.
  - Reflect on your rankings. Which dimensions receive most of your time, energy, and attention? Which receive the least? Is there a gap between the dimensions you value the most and the ones that receive most of your time? If so, what are your thoughts about that?
  - If the dimensions you value most and those receiving more of your time and energy are mismatched, name 1 small step that could more closely align your values and behaviors.

- 2** Put your awareness into practice with the 3-good-things writing exercise:
  - Write down 3 positive things you experience each day. (You can use the 9 wellness dimensions as a foundation for your topics). The 3 things can be small in importance (eg, *I took time to sit down and chew my food. I didn't multitask during lunch.*) or big (eg, *I decided to hire a business coach.*).
  - Next to each event, write *What does this mean to me?* or *How can I have more of this good thing in the future?*<sup>6</sup>

Dr. Martin Seligman, a leading authority in the fields of positive psychology, resilience, learned helplessness, depression, optimism, and pessimism, reports that within 6 months of engaging in this simple habit, you will statistically have less depression, less anxiety, and higher life satisfaction.<sup>7</sup>

entire range of feelings and seeks assistance about areas of concern.

### ■ **Physical Wellness**

The physically well person gets enough sleep (ie, 7 to 9 hours for both young adults ages 18 to 25 and adults ages 26 to 64<sup>4</sup>); eats a balanced, nutritious diet; engages in 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity and at least 2 strength training sessions per week<sup>5</sup>; gets regular medical check-ups; limits intoxicating substance use; and practices safe, healthy sexual relations.

### ■ **Financial Wellness**

A financially well person is fully aware of his or her personal financial status and budget, saves regularly, and manages his or her finances to achieve realistic goals.

### ■ **Creative Wellness**

The creatively well person values and participates in diverse arts and cultural experiences to appreciate and understand the creative world.

### ■ **Environmental Wellness**

The environmentally well person recognizes his or her responsibility to preserve, protect, and improve the environment and appreciates how he or she is interconnected with nature.



## Conclusion

Big changes result when many small changes are applied consistently. Start small. We should monitor what we value most and where we spend most of our time and energy. When values and behaviors are out of alignment, get curious. Keep a notebook and jot down 3 good things each day until they become a habit. ■■■

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**JEN BRANDT**, PhD, LISW-S, is a nationally and internationally acclaimed guest lecturer at veterinary colleges and conferences and has served as a master trainer and group facilitator for the Institute for Healthcare Communication since 2003. She began working with The Ohio State University College of Veterinary Medicine (CVM) in 1997 and currently serves as director of CVM Counseling and Consultation. Jen collaborates with a diverse team of mental health, career, and teaching and learning experts to promote the communication, interpersonal, and teamwork skills essential to quality veterinary care, veterinary career success, and life satisfaction. Her training offers applied learning opportunities to increase self-awareness, improve wellbeing and resilience, resolve conflict, and enhance veterinary team communication.

**FUN FACT:** Jen's favorite animal is the sea turtle, which symbolizes endurance and longevity and reminds us almost anything can be achieved one step (or flipper stroke) at a time. In 2013, Jen completed the 1.5-mile swim from San Francisco's Alcatraz landmark to Aquatic Park. Thirty minutes into the swim, a 15-year-old had won the race and Jen was not sure she was any closer to shore than when she started. She remembered her mantra to "just keep swimming," and she did—all the way to the finish line.

### Caution

Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

### Indications

SENTINEL<sup>®</sup> SPECTRUM<sup>®</sup> (milbemycin oxime/lufenuron/praziquantel) is indicated for the prevention of heartworm disease caused by *Dirofilaria immitis*; for the prevention and control of flea populations (*Ctenocephalides felis*); and for the treatment and control of adult roundworm (*Toxocara canis*, *Toxascaris leonina*), adult hookworm (*Ancylostoma caninum*), adult whipworm (*Trichuris vulpis*), and adult tapeworm (*Taenia pisiformis*, *Echinococcus multilocularis* and *Echinococcus granulosus*) infections in dogs and puppies two pounds of body weight or greater and six weeks of age and older.

### Dosage and Administration

SENTINEL SPECTRUM should be administered orally, once every month, at the minimum dosage of 0.23 mg/lb (0.5 mg/kg) milbemycin oxime, 4.55 mg/lb (10 mg/kg) lufenuron, and 2.28 mg/lb (5 mg/kg) praziquantel. For heartworm prevention, give once monthly for at least 6 months after exposure to mosquitoes.

#### Dosage Schedule

Body Weight	Milbemycin Oxime per chewable	Lufenuron per chewable	Praziquantel per chewable	Number of chewables
2 to 8 lbs.	2.3 mg	46 mg	22.8 mg	One
8.1 to 25 lbs.	5.75 mg	115 mg	57 mg	One
25.1 to 50 lbs.	11.5 mg	230 mg	114 mg	One
50.1 to 100 lbs.	23.0 mg	460 mg	228 mg	One
Over 100 lbs.	Administer the appropriate combination of chewables			

To ensure adequate absorption, always administer SENTINEL SPECTRUM to dogs immediately after or in conjunction with a normal meal.

SENTINEL SPECTRUM may be offered to the dog by hand or added to a small amount of dog food. The chewables should be administered in a manner that encourages the dog to chew, rather than to swallow without chewing. Chewables may be broken into pieces and fed to dogs that normally swallow treats whole. Care should be taken that the dog consumes the complete dose, and treated animals should be observed a few minutes after administration to ensure that no part of the dose is lost or rejected. If it is suspected that any of the dose has been lost, redosing is recommended.

### Contraindications

There are no known contraindications to the use of SENTINEL SPECTRUM.

### Warnings

Not for use in humans. Keep this and all drugs out of the reach of children.

### Precautions

Treatment with fewer than 6 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention.

Prior to administration of SENTINEL SPECTRUM, dogs should be tested for existing heartworm infections. At the discretion of the veterinarian, infected dogs should be treated to remove adult heartworms. SENTINEL SPECTRUM is not effective against adult *D. immitis*.

Mild, transient hypersensitivity reactions, such as labored breathing, vomiting, hypersalivation, and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae.

Do not use in puppies less than six weeks of age.

Do not use in dogs or puppies less than two pounds of body weight.

The safety of SENTINEL SPECTRUM has not been evaluated in dogs used for breeding or in lactating females. Studies have been performed with milbemycin oxime and lufenuron alone.

### Adverse Reactions

The following adverse reactions have been reported in dogs after administration of milbemycin oxime, lufenuron, or praziquantel: vomiting, depression/lethargy, pruritus, urticaria, diarrhea, anorexia, skin congestion, ataxia, convulsions, salivation, and weakness.

To report suspected adverse drug events, contact Virbac at 1-800-338-3659 or the FDA at 1-888-FDA-VETS.

### Information for Owner or Person Treating Animal

*Echinococcus multilocularis* and *Echinococcus granulosus* are tapeworms found in wild canids and domestic dogs. *E. multilocularis* and *E. granulosus* can infect humans and cause serious disease (alveolar hydatid disease and hydatid disease, respectively). Owners of dogs living in areas where *E. multilocularis* or *E. granulosus* are endemic should be instructed on how to minimize their risk of exposure to these parasites, as well as their dog's risk of exposure. Although SENTINEL SPECTRUM was 100% effective in laboratory studies in dogs against *E. multilocularis* and *E. granulosus*, no studies have been conducted to show that the use of this product will decrease the incidence of alveolar hydatid disease or hydatid disease in humans. Because the prepatent period for *E. multilocularis* may be as short as 26 days, dogs treated at the labeled monthly intervals may become reinfecting and shed eggs between treatments.

Manufactured by: Virbac AH, Inc.

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