



Eight Dimensions of Wellness



Emotional - coping effectively with life and creating satisfying relationships



Spiritual - expanding our sense of purpose and meaning in life



Intellectual - recognizing creative abilities and finding ways to expand on knowledge and skills



Physical - recognizing the need for physical activity, sleep, and proper nutrition



Environmental - good health by occupying pleasant, stimulating environments that support well-being



Financial - satisfaction with current and future financial situations



Occupational - personal satisfaction and enrichment from one's work



Social - developing a sense of belonging, connection, support system