



8 Dimensions of Wellness

EMOTIONAL



WEEK 1 - DAY 1

WORKSITE WELLNESS

**"HAPPINESS
IS NOT BY
CHANCE,
BUT BY
CHOICE."**

-JIM ROHN



MAKE A
"SMALL WINS"
LIST.

CELEBRATING
LIFE'S LITTLE
VICTORIES
WILL HELP
BOOST YOUR
MOOD!



Click [here](#) for a
video about
emotional
wellness!

EMOTIONAL WELLNESS IS...

Coping effectively with
life and creating
satisfying relationships.



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL