



## Learn something new every day

Lifelong learning is a form of self-initiated education that is focused on personal development.

The benefits of life long learning include improved health and well-being, longer life span, greater likelihood of community and civic engagement, employability, higher earnings, increased creativity and greater self-fulfillment.



Click [here](#) for a video on Intellectual Wellness



# 8 Dimensions of Wellness

## INTELLECTUAL



### WEEK 3 - DAY 1

# WORKSITE WELLNESS



## Intellectual Wellness is...

Maintaining an optimal cognition to process learning, solve problems, and make decisions to manage your daily life. It is also the ability to be open to new ideas, critical thinking, and learning new skills to create potential for sharing with others and use it for your betterment and that of your community.



For the next 5 days learn 1 new thing every day.

Anyone who stops learning is old, whether at twenty or eighty.

Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.



EMOTIONAL

SPIRITUAL

INTELLECTUAL

PHYSICAL

ENVIRONMENTAL

FINANCIAL

OCCUPATIONAL

SOCIAL