8 DIMENSIONS OF WELLNESS

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

FINANCIAL
Satisfaction with current and future financial situations.

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition.

SOCIAL
Developing a sense of connection, belonging and a well-developed support system.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work.

SPIRITUAL
Expanding our sense of purpose and meaning in life.