

Dimensions of Wellness



A lifestyle of wellness means making choices toward a healthy and fulfilling life.

Aspects of Wellness are:

- **Emotional**- Understanding, processing and communicating your feelings.
- **Social**- Encouraging nurturing relationships.
- **Intellectual**- Having an open mind when you encounter new ideas as well as continually expanding your knowledge.
- **Environmental**– Being respectful of your surroundings.
- **Physical**- Maintaining a healthy body through exercise, eating well, and getting enough sleep.
- **Occupational**– Enriching your life through contributions to meaningful work.
- **Spiritual**- Developing a set of values that uplifts you. This could be through meditation or any means of self-improvement.

You can reach an optimal level of wellness by evaluating, addressing and knowing how to maintain each of these dimensions of wellness.