

Nine Dimensions of Wellness

Physical Wellness

Physical wellness involves taking care of one's physical body by knowing how to live and maintain a healthy lifestyle. This typically includes regular exercise, good nutrition and the avoidance of harmful habits.



Emotional Wellness

Emotional wellness is being aware and accepting of not only your own feelings and emotions but also the feelings and emotions of others.



Financial Wellness

Financial wellness involves being fully aware and understanding your financial situation – how to budget, maintain good credit, save and plan for retirement. It includes taking care of one's finances in such a way that you are prepared for financial changes or crisis.



Social Wellness

Social health is an individual's ability to relate to and interact with others. A socially well individual builds healthy relationships with others.



Spiritual Wellness

A spirit well individual has identified a core set of beliefs, which guides their decision making and other faith based endeavors.



Occupational Wellness

Occupational wellness involves exploring opportunities to gain work experience and/or related knowledge. It involves ongoing professional development and skills-building as well as feeling a sense of fulfillment from a job that you enjoy.



Intellectual Wellness

To be intellectually healthy, it is essential to continue to explore new avenues and interests and to regularly engage in new and ongoing learning opportunities and experiences.



Cultural Wellness

A culturally well individual is aware of their own background, as well as the diversity and richness present in other cultural backgrounds.



Environmental Wellness

An environmentally well individual recognizes that they are dependent on their natural environment just as the environment is dependent on them.

