

THE DIMENSIONS OF **wellness**



**EMOTIONAL WELLNESS** is a measure of the well-being of our thoughts and feelings. Being emotionally healthy includes knowing and loving yourself, identifying and better managing stress levels, having a bright outlook on life and more.

Although many people equate **SPIRITUAL WELLNESS** with religion, they don't have to be one-in-the-same. Whether it's a meaningful connection to nature or a higher power within the universe, this connection can provide purpose and fulfilment in life, impacting overall health, well-being and quality of life.

**INTELLECTUAL WELLNESS** promotes creative and challenging opportunities to expand not only our knowledge base, but also our horizons. The desire to learn new things, fine-tune skills and seek exciting adventures all contribute to intellectual wellness.

Likely the most well-known dimension of wellness, **PHYSICAL WELLNESS** is about more than just eating a variety of whole foods and moving daily. For optimal health, the more subtle pieces of physical well-being—such as sleep hygiene, how we move and the detection of early signs of illness—also deserve attention.

**ENVIRONMENTAL WELLNESS** addresses the natural and physical environments we work and play in, which have a dramatic effect on our daily lives. It dictates what's available nearby, like fresh food, walkable areas and services.

Stressful, confusing, overwhelming. At times, these words can describe **FINANCIAL WELLNESS** (or un-wellness)—the ability to not only meet financial obligations but also save for things you want to accomplish in life, like travelling, purchasing a home or planning for a comfortable retirement.

Succeeding in a job is only one aspect of **OCCUPATIONAL WELLNESS**. Other aspects include feeling fulfilled and engaged at work, sharing knowledge with coworkers and enjoying meaningful duties and responsibilities.

Did you know that the ability to positively interact with others is directly related to **SOCIAL WELLNESS**? Well, it is! This means learning strong communication skills, interacting with the community and building a support network of family and friends all help to maintain social wellness.