# 9 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.

8 DIMENSIONS OF WELLNESS

#### **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.



Connect with us: **810-985-8900** 





