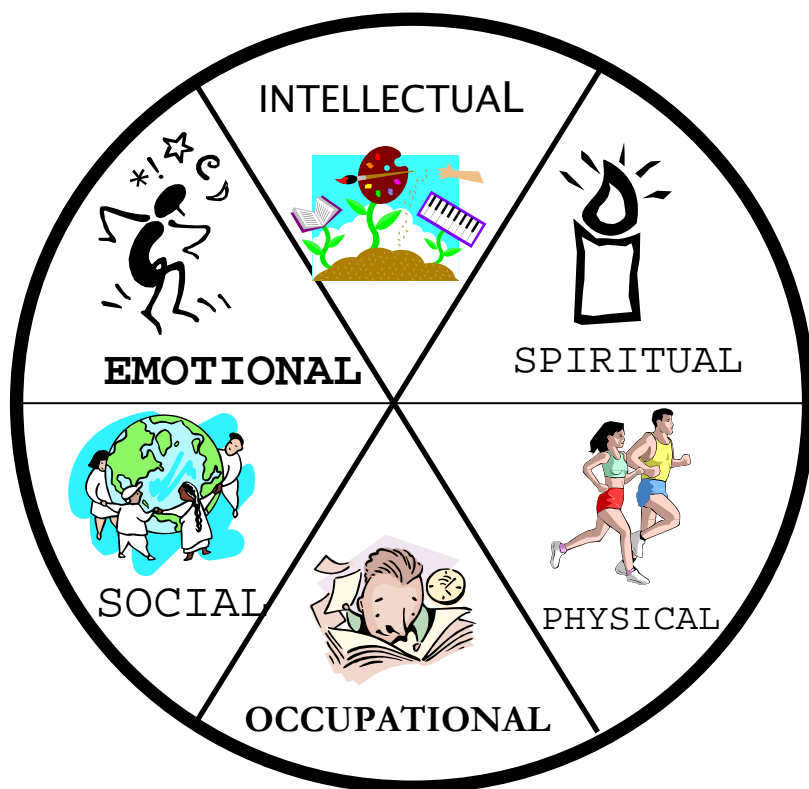


# Six Dimensions of Wellness



## **INTELLECTUAL**

Do you feel creatively and mentally challenged? Are you continually seeking to expand your knowledge and skills? An intellectually well person uses available resources to expand knowledge, improve skills, and to increase the potential for sharing with others.

## **SPIRITUAL**

Do you have an appreciation for the meaning of life and the expanse of nature? Are you at peace with your place in the universe? Do you have a set of beliefs and values that give purpose to your life? Spiritual wellness involves developing a strong sense of personal values and ethics.

## **PHYSICAL**

Do you get enough exercise? Eat a balanced diet? Do you practice safe driving and medical self-care? Do you avoid the use of tobacco, drugs, and excessive alcohol consumption? If you take good care of your body, it will repay you with years of good service.

## **OCCUPATIONAL**

Do you find your work satisfying? Do you have a balance between your work and leisure time? Do you enjoy new responsibilities and look forward to achieving better results? Your attitudes about your work can greatly affect your job performance and interactions with coworkers. Striving toward occupational wellness will help to give you personal satisfaction and allow you to find enrichment in our life through work.

## **SOCIAL**

How satisfying are your relationships with your spouse, your family, your friends, and associates? Are you active in community affairs? Do you contribute to protecting the environment by conserving and recycling? Social wellness is based on your ability to interact harmoniously with people and the Earth.

## **EMOTIONAL**

Are you able to recognize and accept your feelings, your strength, and your limitations? Can you manage your emotions and cope with stressful events? Achieving emotional wellness allows you to experience life's ups and downs with enthusiasm and grace and maintain satisfying relationships with others.