



B	Emotional	 ✓ Express feelings ✓ Adjust to emotional challenges ✓ Cope with stress & trauma 	Wellness
	Spiritual	 ✓ Find meaning & purpose ✓ Have balance & peace ✓ Identify personal values 	is a balance. Wellness means having healthy habits like eating well, sleeping, being productive, and participating in meaningful activities ²
	Intellectual	 ✓ Learn throughout your life ✓ Apply knowledge ✓ Share information 	The eight dimensions of wellness are interconnected.1
PC	Physical	 ✓ Maintain healthy habits ✓ Prioritize nutrition & exercise ✓ Obtain health care 	
د ک	Environmental	 ✓ Feel physically safe ✓ Access clean air, water, & food ✓ Have safe & clean surroundings 	When we feel financially stressed We may feel physically unsafe Which leads to emotional stress
	Financial	 ✓ Have financial resources ✓ Maintain financial literacy ✓ Meet practical needs 	Which leads to physical illness Which decreases work productivity Which decreases our social activity Which decreases knowledge sharing Which may challenge our purpose.
	Occupational	 ✓ Find purpose in employment ✓ Balance work & leisure time ✓ Look forward to work 	Empowerment
9 , 9 - 9	Social	 ✓ Spend time with loved ones ✓ Contribute to the community ✓ Share interest in others 	means taking personal responsibility for our choices and our lives. Wellness and balance are defined by you based on what you think is important and needed as well as on your personal goals and values. ¹

References: 1. Swarbrick, M. (2006). A wellness approach. Psychiatric Rehabilitation Journal, 29(4), 311- 314. 2. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.

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