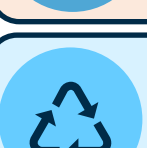


The Eight Dimensions of Wellness¹

	Emotional	<ul style="list-style-type: none"> ✓ Express feelings ✓ Adjust to emotional challenges ✓ Cope with stress & trauma
	Spiritual	<ul style="list-style-type: none"> ✓ Find meaning & purpose ✓ Have balance & peace ✓ Identify personal values
	Intellectual	<ul style="list-style-type: none"> ✓ Learn throughout your life ✓ Apply knowledge ✓ Share information
	Physical	<ul style="list-style-type: none"> ✓ Maintain healthy habits ✓ Prioritize nutrition & exercise ✓ Obtain health care
	Environmental	<ul style="list-style-type: none"> ✓ Feel physically safe ✓ Access clean air, water, & food ✓ Have safe & clean surroundings
	Financial	<ul style="list-style-type: none"> ✓ Have financial resources ✓ Maintain financial literacy ✓ Meet practical needs
	Occupational	<ul style="list-style-type: none"> ✓ Find purpose in employment ✓ Balance work & leisure time ✓ Look forward to work
	Social	<ul style="list-style-type: none"> ✓ Spend time with loved ones ✓ Contribute to the community ✓ Share interest in others

Wellness



is a balance. Wellness means having healthy habits like eating well, sleeping, being productive, and participating in meaningful activities²

The eight dimensions of wellness are *interconnected*.¹



When we feel financially stressed...
We may feel physically unsafe...
Which leads to emotional stress...
Which leads to physical illness...
Which decreases work productivity...
Which decreases our social activity...
Which decreases knowledge sharing...
Which may challenge our purpose.

Empowerment



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