



Dimensions of Health & Wellness

Intellectual Wellness

Intellectual wellness involves lifelong learning, the application of knowledge learned, and sharing knowledge with others.¹

Intellectual Wellness consists of:²

- Creativity
- Critical thinking
- Problems solving
- Stimulating curiosity



Potential impacts:²

- Improved concentration
- Improved memory
- Clearer thinking
- Open-mindedness
- A more stimulating life

Ideas

Intellectual wellness checklist:¹

- I make an effort to learn new things.
- I try to keep on top of current affairs.
- I do creative activities or play stimulating games.
- I read daily on the internet, magazines, or books.
- I try to see more than one side of an issue.
- I look up things I don't know.
- I ask questions to learn from others.

Visit a museum

Put a puzzle together

Take an art class

Practice a musical instrument

Write a story

Learn a new language

Practice a new sport

Cook a new dish

Do a crossword puzzle

Read a book

Attend a play

Learn a new dance

Learn a new craft

Attend a lecture

Learn a new game

Share what you've learned with a friend

Build a model

Engage in an intellectual discussion

1. Swarbrick, P., & Yudof, J. (2015). Wellness in Eight Dimensions. New Jersey: Collaborative Support Programs of NJ, Inc.
 2. Intellectual | Center for Wellness and Health Promotion (harvard.edu): <https://wellness.huhs.harvard.edu/intellectual>

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