

Dimensions of Health & Wellness

Environmental Wellness

Environmental wellness involves having physical safety, clean surroundings, and access to clean air, food, and water.

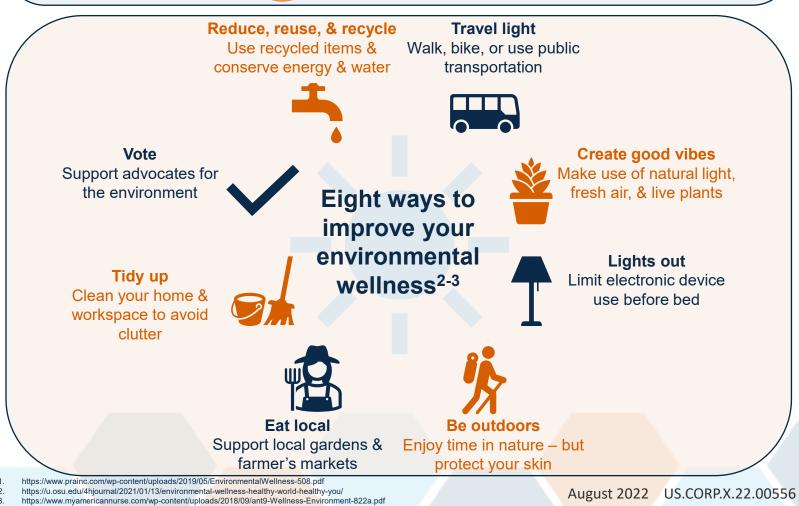
Examples of how our environment impacts the other dimensions of health & wellness¹



Pollution and lack of sleep can impact our **physical** wellness.

Noisy workspaces and difficult work schedules can impact our occupational wellness.

Living in places without parks, recreation centers, and grocery stores can impact our social wellness.



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king medical advice should consult with theirphysician orother health care professional