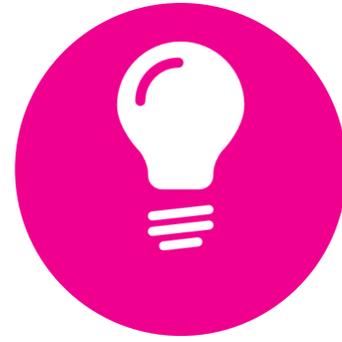


DIMENSIONS OF WELLNESS



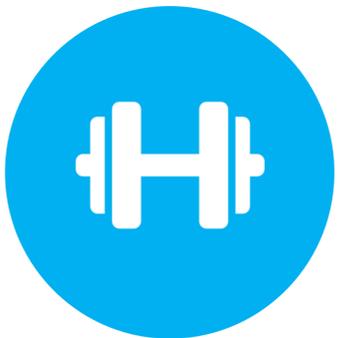
Spiritual Wellness

Sensing that life is meaningful and has a purpose by means of the ethics, values, and morals that guide and give meaning to life.



Intellectual Wellness

Engaging in creative and mentally stimulating activities that expand knowledge and skills; allowing for sharing with others.



Physical Wellness

Maintaining a healthy body through good nutrition, regular exercise, avoiding harmful habits, making informed and responsible decisions about health, and seeking medical assistance when necessary.



Environmental Wellness

Living in clean, safe, and healthy surroundings that are beneficial to total health; and living a lifestyle that is respectful and protective of the environment.



Social Wellness

Building healthy, nurturing, and supportive relationships as well as fostering a genuine connection with those around you.



Occupational Wellness

Preparing and making use of gifts, skills, and talents for work to gain purpose, happiness, personal satisfaction, and enrichment in life.



Financial Wellness

Successfully managing personal finances and developing a long range plan for financial stability.



Emotional Wellness

Developing inner strength by being attentive to both positive and negative feelings, accepting limitations, achieving emotional stability, and becoming comfortable with emotions.