

8 DIMENSIONS OF WELLNESS



Environmental Wellness

Good health by occupying and cultivating pleasant environments that supports your well-being and the planet's.

Financial Wellness

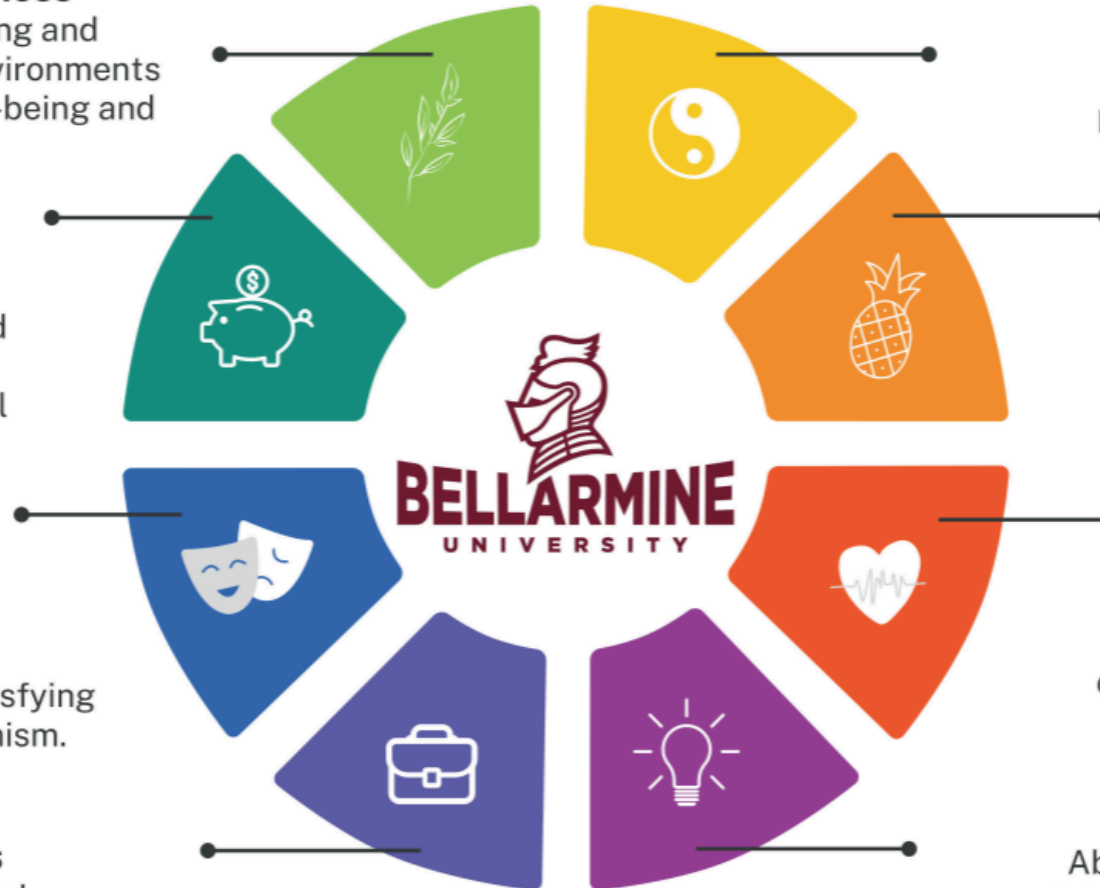
Utilizing good fiscal management habits and developing skills to make informed financial decisions.

Emotional Wellness

Coping with healthy strategies that foster personal resilience, satisfying relationships, and optimism.

Vocational Wellness

Personal satisfaction and enrichment from one's work.



Spiritual Wellness
Expanding a sense of purpose and meaning in life.

Social Wellness
Developing the capacity for intimacy, meaningful relationships, and a well-developed support system.

Physical Wellness
Making informed decisions about physical activity, nutrition, and sleep to cultivate a healthy lifestyle.

Intellectual Wellness
Ability to think critically, make responsible decisions, and finding ways to expand learning and skillfulness.