

8 Dimensions of Wellness



Social Wellness-

Being able to make and keep friends. Learn how to handle social conflicts.

Social wellness is the ability to relate and connect with other people, at work, at home, in our neighborhoods, etc. Social wellness is about building and maintaining positive relationships that add value to our and other people's lives.

Social wellness creates a sense of belonging; it can make people happier and physically healthier as well. At work, this can translate into increased motivation, productivity, and collaboration.

Emotional Wellness -

Being able to understand and express feelings. Learning how to handle stressful challenges

Emotional wellness is our own ability to understand and accept ourselves and successfully cope and deal with the challenges and obstacles life and work bring. Emotional wellness is being able to identify how you're feeling and why; it's about acknowledging and effectively channeling anger, fear, sadness, stress, hope, love, happiness, frustration, etc.

Spiritual Wellness -

Understanding what is right and wrong. Create purpose and meaning in my life.

Spiritual wellness goes hand-in-hand with emotional wellness, as spiritual and emotional wellness directly influence one another. Spiritual wellness is our ability to establish peace and harmony in our lives and to be fulfilled by what we do by aligning our values with our actions. Spiritual wellness is about having a set of guiding beliefs, principles, and values that give meaning, purpose, and direction to our lives. Below are some ways to address and encourage spiritual wellness in the workplace:

Environmental Wellness-

Understand that I have a responsibility to protect the planet because it a two way relationship

Environmental wellness is being aware of nature, our environment, and our immediate surroundings. It is about protecting the environment within our home or workplace and protecting ourselves from environmental hazards. This requires that people think of air, water, and land quality and take the necessary steps to protect it. It also requires us to be mindful of the atmosphere of our home, school and workplace.

Occupational Wellness-

Connect with teachers, classmates, engage in learning and balance school work with home life

Occupational wellness is to our ability to feel fulfilled with our jobs and chosen career paths, without sacrificing work-life balance; it's about being involved in work activities that allow you to show your talents and skill set. It is also about providing a work environment that is conducive to good health, \

Occupational wellness is about maximizing workplace happiness.

Intellectual Wellness-

Have a love for learning, and discovery. Knowing I can work to achieve my goals.

Intellectual wellness encompasses creative and stimulating mental activities. Being open to new ideas and experiences have a desire to learn, apply new skills and seeks new challenges. Intellectual wellness requires that a person uses and takes advantage of the different resources available to expand his or her knowledge.

Physical Wellness-Living an active lifestyle and taking care of my health

Physical wellness is about taking proper care of our bodies so we can function properly and optimally. Physical wellness encompasses physical activity, healthy nutrition, and healthy sleep habits.

Financial Wellness-Satisfaction with current and future financial situations