

8 Dimensions of Wellness

- **Physical Wellness** - Exercise, nutrition, sleep
- **Environmental Wellness** - Safe and healthy environment
- **Spiritual Wellness** - Purpose, values, beliefs
- **Intellectual Wellness** - Learning, problem-solving
- **Occupational Wellness** - Job satisfaction, work-life balance
- **Social Wellness** - Relationships, social support
- **Financial Wellness** - Budgeting, financial stability
- **Emotional Wellness** - Stress management, emotional expression