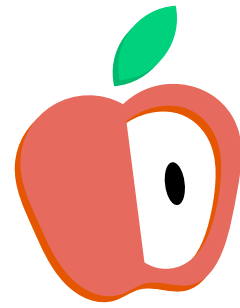


Dimensions of WELLNESS

In Old English, health was defined as “wholeness: a being whole, sound, and well”. Although we often think of health & wellness as they relate to the physical body, true wellness is achieved when we strive to thrive in each of its dimensions. Check out this poster to learn more about each facet of wellness and use the scale to reflect on where you stand in regards to being truly whole and well.



PHYSICAL

Recognizing the need for physical activity, healthy foods, and sleep



EMOTIONAL

Coping effectively with life and creating satisfying relationships



INTELLECTUAL

Recognizing creative abilities & finding ways to expand knowledge & skills



OCCUPATIONAL

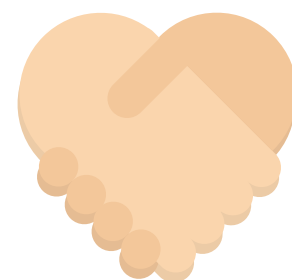
Personal satisfaction and enrichment from one's work

It is **HEALTH** that is real **WEALTH** and not pieces of **GOLD & SILVER**
Mahatma Gandhi



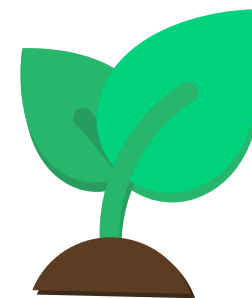
SPIRITUAL

Expanding a sense of purpose and meaning in life



SOCIAL

Developing a sense of connection, belonging, & a strong support system



ENVIRONMENTAL

Good health by occupying pleasant environments that support well-being



FINANCIAL

Satisfaction with current and future financial situations



THRIVING!



FEELING GREAT!



DOING OK



SURVIVING



HURTING