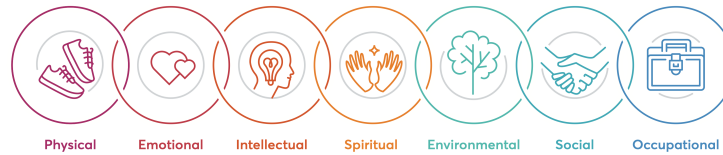


# The 7 Dimensions of Wellness

While the concept of "wellness" often revolves around physical and mental wellbeing, wellness experts understand that there's much more to it than that.

There are seven key dimensions of wellness that contribute to overall health and quality of life.



## Let's take a deeper look:



### Physical wellness

**Physical wellness** centers around common health and fitness endeavors, including proper nutrition, physical activity, and other pursuits that support bodily health. Working out regularly and eating a whole foods diet are examples of physical wellness.<sup>1</sup>



### Intellectual wellness

**Intellectual wellness** encourages one to explore new concepts, enhance skills, and apply new ways of thinking to current challenges. Challenging the mind through continuous learning is beneficial for this wellness dimension.



### Environmental wellness

**Environmental wellness** includes consideration of the individual impact a person can have on the environment and working to diminish any negative effects. Conserving natural resources, being mindful of consumption, and recycling are positive examples of supporting environmental wellness.



### Occupational wellness

**Occupational wellness** encourages fulfillment in the workplace while also balancing other life responsibilities.<sup>3</sup> Working toward a job in an interesting or valuable field or bolstering job skills through additional training can help achieve occupational wellness.



### Emotional wellness

**Emotional wellness** focuses on the ability to acknowledge and properly express feelings, including validating and managing emotions constructively.<sup>2</sup> Having a positive attitude and opening up to a friend or licensed professional about one's feelings can help support emotional wellness.



### Spiritual wellness

**Spiritual wellness** involves seeking purpose and meaning in one's life. This can encompass activities like meditating, praying, or spending time in nature.



### Social wellness

**Social wellness** focuses on establishing beneficial connections with friends and family and supporting harmony in these relationships. Spending time with loved ones or joining a community group is advantageous for social wellness.

