

Dimensions of Wellness



PHYSICAL (Anything relating to physical health)

SPIRITUAL (Sense of purpose, meaning in life)

FINANCIAL (Anything pertaining to your money)

COMMUNITY (Social connections, relationships)

OCCUPATIONAL (Relating to personal satisfaction with your job)

INTELLECTUAL (Anything pertaining to brain health, mental activities)

EMOTIONAL (Regulating emotions, identifying feelings)

ENVIRONMENT (Sustainability, conservation)

Boundaries (What is your “no” list?)

Ex: No looking at work emails when I get home

- _____
- _____
- _____
- _____

SIGNS AND SYMPTOMS YOU’RE STRESSED, OVERWHELMED, ANGRY, ETC.

YOUR IMMEDIATE COPING STRATEGIES

Ex: Taking a walk, listening to music, Wordle, reading, calling someone, making a priorities list, asking for help, etc.

People to call/help in a crisis

- _____
- _____
- _____