

# 7 DIMENSIONS OF WELLNESS



The term wellness, it is much more than just physical health, exercise, and nutrition. Wellness is multidimensional including: *Spiritual, Physical, Emotional, Career, Intellectual, Environmental & Social.*

Wellness is the pursuit of continued growth and balance within the 7 dimensions.

Each dimension contributes to our own sense of wellness and quality of life.

At times, one may be more prominent than others, but neglect of any one dimension for any length of time has adverse effects on overall health.



## PHYSICAL

1. Exercise daily to enhance cardiovascular endurance, muscular strength and flexibility.
2. Get adequate sleep.
3. Prevent injuries by using seat belts, wearing helmets, and other protective equipment.
4. Learn to recognize early signs of illness and prevent diseases.
5. Practice safe sex, if sexually active.
6. Eat a variety of healthy foods and control meal portions.
7. Use alcohol in moderation if at all.
8. Quit smoking or continue to refrain from smoking and protect from second-hand smoke.
9. Strive to reach and maintain a healthy weight.



## EMOTIONAL

1. Tune-in to your thoughts and feelings and express them
2. Cultivate an optimistic and positive attitude.
3. Seek and provide support to family and friends.
4. Practice time management skills.
5. Practice stress management techniques.
6. Discover your specific anxieties and stress relievers. Coping through peer counseling, stress management, humor/laughter and personal histories.
8. Accept and forgive yourself.



## INTELLECTUAL

1. Take a course or workshop.
2. Learn or perfect a foreign language.
3. Seek out people who challenge you intellectually.
4. Read, try journaling, painting or joining a theater company.
5. Attend museums, exhibits and theater.
6. Start a game or puzzle with a friend.



## SOCIAL

1. Cultivate healthy relationships.
2. Strengthen current friendships. Contact an old friend or discover new friendships.
3. Get involved. Join a club, travel, visit friends and family, engage in intergenerational experiences
4. Contribute to your community.
5. Communicate your thoughts, feelings, and ideas.



## SPIRITUAL

1. Explore your spiritual core/faith.
2. Spend time alone/meditate regularly.
3. Be inquisitive and curious.
4. Be fully present in everything you do.
5. Listen with your heart and live by your principles.
6. Allow yourself and those around you the freedom to be who they are.
7. See opportunities for growth in the challenges life brings you.



## ENVIRONMENTAL

1. Stop junk mail.
2. Conserve water and other resources.
3. Minimize chemical use.
4. Renew a relationship with the earth.
5. Reduce, Reuse, Recycle: reduce the amount of pollution we generate; reuse containers, bags and batteries; recycle paper, glass, aluminum, and plastic.



## OCCUPATIONAL

1. Explore a variety of career options.
2. Create a vision for your future.
3. Choose a career that suits your personality, interests and talents.
4. Be open to change and learn new skills. Participate in the paid or unpaid workforce.
5. Volunteer!
6. Improve a skill, or teach one to others.