

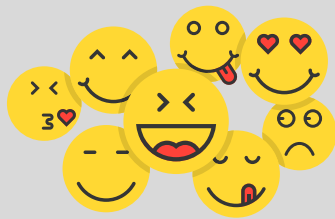
# The Eight Dimensions of Wellness

When people think of their wellness, typically, physical health is the first to come to mind. But there are eight Dimensions of Wellness that help make up our overall health: physical, emotional, intellectual, social, environmental, spiritual, financial, and occupational. Below are examples from each dimension.



## PHYSICAL

- Physical activity
- Sleep
- Proper nutrition
- Stretching
- Proper hydration



## EMOTIONAL

- Accept yourself
- Express feelings
- Set boundaries
- Seek positive outlets
- Relieve stress



## INTELLECTUAL

- Pick up new hobbies
- Travel
- Read for pleasure
- Learn something new
- Listen to podcasts



## SOCIAL

- Connect w/others
- Join a club or organization
- Reflect on your social needs
- Seek out positive people
- Value diversity



## ENVIRONMENTAL

- Seek natural light
- Organize spaces
- Plants
- Recycle
- Visit farmers markets
- Conserve energy



## SPIRITUAL

- Religious practice
- Meditate
- Journal
- Self-discovery
- Yoga
- Time in nature



## FINANCIAL

- Budget
- Pay off debts
- Save \$
- Set financial goals
- Smart consumer



## OCCUPATIONAL

- Work-life balance
- Positive space
- Passion in the work
- Collaborate with others
- Ask for feedback
- Seek growth