

The seven dimensions of wellness

1. **Physical:** The physical dimension of wellness is about caring for your body through physical activity, proper nutrition, and a strong mind. Physical wellness includes ... physical activities and fitness; eating nutritiously and getting plenty of rest; and paying attention to signs of illness.
2. **Intellectual:** The intellectual dimension of wellness involves curiosity, creativity, and the ability to focus on learning and personal growth. Intellectual wellness includes ... exploring new ideas and understandings; cultural and community involvement; and personal hobbies.
3. **Emotional:** The emotional dimension of wellness is about self-care, stress reduction, and inner strength. Emotional wellness includes ... accepting and understanding your feelings; acknowledging and sharing both positive and negative feelings; and learning and growing from life experiences.
4. **Social:** The social dimension of wellness is about our relationships with other people and the support these can provide. Social wellness includes ... building healthy, supportive relationships; interacting positively with others; and handling difficult relationships.
5. **Financial:** The financial dimension of wellness involves the ability to manage your current and future financial situations. Financial wellness includes ... living within your financial means and controlling debt; handling financial stress when it occurs; and planning for the future.
6. **Environmental:** The environmental dimension of wellness is about our ability to live in harmony with our surroundings and other species. Environmental wellness includes ... understanding and respecting the balance between the environment and yourself; behaviours and actions that promote a healthy environment; and interacting with nature and your personal environment in a positive way.
7. **Spiritual:** The spiritual dimension of wellness is about seeking and finding purpose or meaning in our lives. Spiritual wellness includes ... exploring and coming to understand your inner self; accepting your life experiences and finding peace; and achieving balance in your life.