

What Are the Eight Dimensions of Wellness?

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life.

Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

The Eight Dimensions of Wellness are:

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one's work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding a sense of purpose and meaning in life



"Be Your Best Self" program

This 4 week program, available for middle and high school students, explores the 8 dimensions of wellness. Students are guided through fun group activities and discussions which focus on how to achieve a happier and healthier lifestyle. Topics include:

- Discovering personal values and interests and how to apply them to community involvement
- Learning Coping strategies, such as yoga and meditation as a way to deal with stress and anxiety
- Building healthy relationships with peers and displaying positive socialization skills
- The importance of a healthy lifestyle. Focusing on physical activity, eating healthy, and mindfulness.