



The 8 Dimensions of Wellness



Physical

Caring for your body through movement, sleep, nutrition, and preventive care.

- Move your body in ways that feel good, most days
- Prioritize consistent, quality sleep
- Schedule regular check-ups and listen to your body's signals



Emotional

Understanding, expressing, and managing your feelings in healthy, honest ways.

- Name what you're feeling before reacting to it
- Build healthy outlets for stress, like journaling or movement
- Ask for support when things feel like too much



Intellectual

Staying curious, engaged, and open to learning throughout life.

- Read, take a class, or learn a new skill
- Have conversations that challenge your thinking
- Make space for creativity and problem-solving



Social

Building and maintaining supportive, genuine relationships.

- Nurture a few close relationships, not just many casual ones
- Reach out first instead of waiting to be contacted
- Set boundaries that protect your energy in relationships



Spiritual

Connecting to a sense of meaning, purpose, or something larger than yourself.

- Reflect on what matters most to you, and why
- Spend quiet time in reflection, prayer, or meditation
- Align your daily choices with your core values



Environmental

Feeling safe, supported, and at ease in your physical surroundings.

- Keep your living and work spaces reasonably organized
- Spend time in nature when you can
- Notice how your environment affects your mood and energy



Occupational

Finding satisfaction, growth, and balance in your work or life's work.

- Identify which parts of your work feel meaningful
- Set boundaries around work hours when possible
- Look for opportunities to grow or learn in your role



Financial

Feeling secure, informed, and in control of your relationship with money.

- Know your numbers: income, expenses, and debt
- Build small, consistent saving habits
- Notice the emotions that come up around money, without judgment