

SEVEN DIMENSIONS OF WELLNESS

Wellness is a lifelong process that produces a positive state of well-being; a dynamic process of change and growth. Wellness is largely determined by the decisions you make about how to live your life. The dimensions of wellness interact continuously, influencing and being influenced by one another. Individually and collectively, the wellness dimensions are associated with an enhanced quality and quantity of life.

Physical Wellness: includes a healthy approach to exercise, nutrition, drugs & alcohol. Optimal physical health requires eating well, exercising, avoiding harmful habits, making responsible decisions about sex, learning about and recognizing the symptoms of disease, getting regular medical and dental checkups and taking steps to prevent injuries.

Emotional Wellness: includes trust, self-esteem, self-acceptance, self-confidence, self-control, and the ability to bounce back from setbacks and failures. Maintaining emotion wellness requires monitoring and exploring your thoughts or feelings; identifying obstacles to emotional well-being and finding solutions to emotional problems, and if necessary with the help of a therapist.

Spiritual Wellness: is a set of guiding beliefs, principles or values that give meaning and purpose to your life, especially during difficult times; involves the capacity for love, compassion, forgiveness, altruism, and fulfillment. Spiritual wellness not adhere to any particular religion, however, organized religions help many people develop spiritual health, while many others find meaning and purpose in their lives on their own.

Intellectual Wellness: includes the use of and continual striving for information and intellectual growth. An active mind is essential to wellness; it opens to new ideas, has the capacity to question, think critically, and is motivated to master new skills; and includes a sense of humor.

Social Wellness: includes the ability to maintain intimacy. Developing social wellness means learning good communication skills, developing the capacity for intimacy, contributing to your community, accepting others different from yourself, and cultivating a support network of caring friends and/or family members.

Environmental (planetary) Wellness: includes the ability to promote measures that improve the standard of living and quality of health in our environment. The health of the planet depends upon safety of food and water supply, infectious diseases, violence in a society, ultraviolet radiation, air and water pollution, and second hand tobacco smoke.

Occupational Wellness: includes the ability to balance work and leisure time. Striving for occupational wellness adds focus to your life & allows you to find personal satisfaction in your life through work.

Resources:

Anspaugh, Hamrick, and Rosato 2004. *Wellness: Concepts and Applications* 6th ed. Boston: McGraw Hill. "Wellness and Fitness for life"

Fahey, T., Insel, P., and Roth, W. 2005. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*, 6th ed. Boston: McGraw Hill. "Introduction to Wellness, Fitness, and Lifestyle Management"

Hales, D. 2005. *An Invitation to Health*, 11th ed. Belmont, CA: Thomson & Wadsworth. "An Invitation to Health for the Twenty-First Century"