

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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GOOD DECISIONS - Eight Dimensions of Wellness



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When we talk about wellness, what comes to your mind? Some might focus on physical or mental wellness when asked this question. While those are important pieces of our overall wellness, there are a few more areas that are sometimes overlooked. The Wellness Wheel that the System Office Wellness Committee has adopted from the Substance Abuse and Mental Health Services Administration focuses on eight dimensions of wellness.

Emotional • Emotional wellness is an awareness, understanding, and acceptance of

your emotions, and your ability to manage them effectively through challenges and change. The National Institute of Health has put together a [toolkit for improving emotional wellness](#)! Here you will find strategies to brighten your outlook on life and reduce stress.

Environmental • Environmental wellness refers to your sense of safety, comfort, and connection with your physical surroundings. Environmental wellness can be enhanced by living more in harmony with the planet and your community. You can not always control the environments in which you live, work, or play, but you can [take small steps](#) to make them better.

Financial • Financial wellness involves things such as income, debt, and savings, as well as a person's understanding of financial processes and resources. If you are not sure where to start, the University of Illinois Extension has put together a quick list on [how to create good financial habits](#). Browse around their site for more financial resources, including podcasts, blogs, and programs.

Intellectual/Mental • Intellectual wellness involves keeping our minds active and ever-expanding. This includes critical thinking, learning and education, and [mental exercise](#). Engaging your personal interests are a great place to begin. Consider taking a class to learn a new skill or begin a discussion with peers who help stimulate your mind.

Occupational • Occupational wellness involves participating in activities, including employment, that provide meaning and purpose and reflect personal values, interests, and beliefs. This is where our work-life balance lives! The University of Toledo created a great [infographic on occupational wellness](#) tips for improving connections with coworkers and avoiding becoming overworked.

Physical • Physical wellness not only focuses on how we [move our body](#), but also on what we put into our body, and how we treat our body. Try fueling your body with fresh, [nutrient-dense foods](#), getting enough [restful sleep](#), and seeking preventative medical care to help create good physical health habits.

Spiritual • Spiritual wellness is a broad concept that represents one's personal beliefs and values and involves having meaning, purpose, a sense of balance, and peace. There are many different ways we can nurture our spiritual health. Augusta University compiled a [few videos](#) to show us how.

Social • Social wellness considers the health of our relationships with friends, family, and the community, as well as having an interest in and concern for the needs of others. Positive social habits can help you build support systems and potentially lengthen your life! Check out the National Institute of Health's [toolkit on how you can make meaningful connections](#).

