

Wellness WHEEL

Taking care of each dimension of the Wellness Wheel can help you become more aware of the interconnectedness of each dimension, and how all aspects of your life contribute to feeling well, both physically and mentally.

EMOTIONAL

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize and share a wide range of feelings with others in a constructive way.



ENVIRONMENTAL

Be aware of the interactions between the environment, community and yourself and behave in ways that care for each of these responsibly.



FINANCIAL

Live within your means and learn to manage your finances for the short and long term.



INTELLECTUAL

Be open to new ideas, be creative, think critically, and seek out new challenges.



OCCUPATIONAL

Seek to have a career that is interesting, enjoyable, meaningful, and that contributes to the larger society.



PHYSICAL

Take care of your body for optimal health and functioning.



SOCIAL

Build personal relationships with others, deal with conflict appropriately, and connect to a positive social network.



SPIRITUAL

Find meaning in life events, demonstrate individual purpose, and live a life that reflects your values and beliefs.