Dimensions of Wellness

Emotional

Refers to the feeling component; to express and display emotions comfortably, effectively and in a healthy manner. Feelings of self-esteem, self-confidence, self-efficacy, trust, love, and many other emotional reactions & responses.

Intellectual

Refers to the ability to learn, the ability to grow from experience, & intellectual capabilities. Decision making is a vital component of one's mental health.

Social

Refers to the ability to have satisfying inter-personal relationships and to appreciate and respect individual differences. Ability to interact with others, to adapt to various social situations, & daily behaviors.

SELF

Environmental

Refers to an appreciation for the external environment and the role individual's play in preserving, and improving environmental conditions.

Physical

Includes characteristics such as body size, shape, sensory acuity, susceptibility to disease & disorders, body function, and recuperative ability. It also includes striving for positive lifestyle behaviors and taking personal responsibility for one's own health and health care.

Spiritual

Involves seeking meaning and purpose in human existence. The spiritually well individual explores and develops a personal belief system, establish values and lives a life that is consistent with those values and beliefs. Spiritual wellness is about creating a sense of inner peace.