

8 DIMENSIONS OF WELLNESS

Wellness & Recreation

STETSON UNIVERSITY

Activity:

If you were to rate your personal satisfaction within each dimension of wellness, where would you be?

Color each section of the graph to represent the level in which you embody the individual areas of wellness.



Spiritual Wellness

Expanding our sense of purpose and meaning in life based on a core set of values and beliefs. The word “spiritual” refers to that core dimension of you

– your innermost self –

that provides you with a profound sense of who you are where you came from, where you’re going and how you might reach your goal.



Emotional Wellness

Possessing a positive attitude and the ability to identify and express a wide variety of feelings in an appropriate manner.

It involves developing awareness and acceptance of one's feelings.

It involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative.



Physical Wellness

Pursuing regular physical movement, a nutritious diet, adequate sleep and practicing safe behaviors.

The ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress.



Social Wellness

Establishing a sense of connection and belonging through positive interpersonal relationships.

This entails valuing living in harmony with your fellow human beings, seeking positive, interdependent relationships with others, and developing healthy communication skills.



Financial Wellness

Making responsible decisions to live within your means and setting financial goals today that will positively impact your financial future.

This involves the process of learning how to successfully manage financial expenses to avoid financial stress.



Occupational Wellness

Engaging in work that is meaningful, enjoyable and aligns with personal values.

It is the ability to achieve a balance between work and leisure time, addressing workplace stress and building relationships with co-workers.



Environmental Wellness

Choosing a lifestyle of committed effort toward sustaining the Earth's natural environment.

This dimension inspires us to live a lifestyle that is respectful of our surroundings.

This dimension encourages us to live in harmony with the Earth by taking action to protect it.



Intellectual Wellness

Seeking to expand knowledge, skills and creative abilities.

This dimension encourages creative, stimulating mental activities and is having a curiosity and strong desire to learn.

It is valuing many experiences, staying stimulated with new ideas, and sharing ideas. It is the ability to engage in clear thinking and recall, and to think independently, creatively and critically.

