

8 DIMENSIONS OF WELLNESS

Based on SAMHSA's
8 Dimensions of Wellness



PHYSICAL



Recognizing the need for physical activity, sleep, and a variety of foods

ENVIRONMENTAL



Maintaining good health by occupying stimulating environments

EMOTIONAL



Coping effectively with life stressors; creating satisfying relationships

INTELLECTUAL



Recognizing creative abilities; Finding ways to expand knowledge & skills

OCCUPATIONAL



Finding personal satisfaction and enrichment in work

SPIRITUAL



Expanding sense of purpose and meaning in life

FINANCIAL



Feeling satisfied with current and future financial situations

SOCIAL



Developing a sense of connection and belonging; Developing a support system