
SOCIAL WELLNESS
Developing a sense of connection, belonging, and a well-developed support system
EMOTIONAL WELLNESS
Coping effectively with life and creating satisfying relationships
OCCUPATIONAL WELLNESS
Personal satisfaction and enrichment derived from one's work
SPIRITUAL WELLNESS
Expanding our sense of purpose and meaning in life
FINANCIAL WELLNESS
Satisfaction with current and future financial situations
INTELLECTUAL WELLNESS
Recognizing creative abilities and finding ways to expand knowledge and skills
ENVIRONMENTAL WELLNESS
Good health by occupying pleasant, stimulating environments that support well-being
PHYSICAL WELLNESS
Recognizing the need for physical activity, diet, sleep, and nutrition