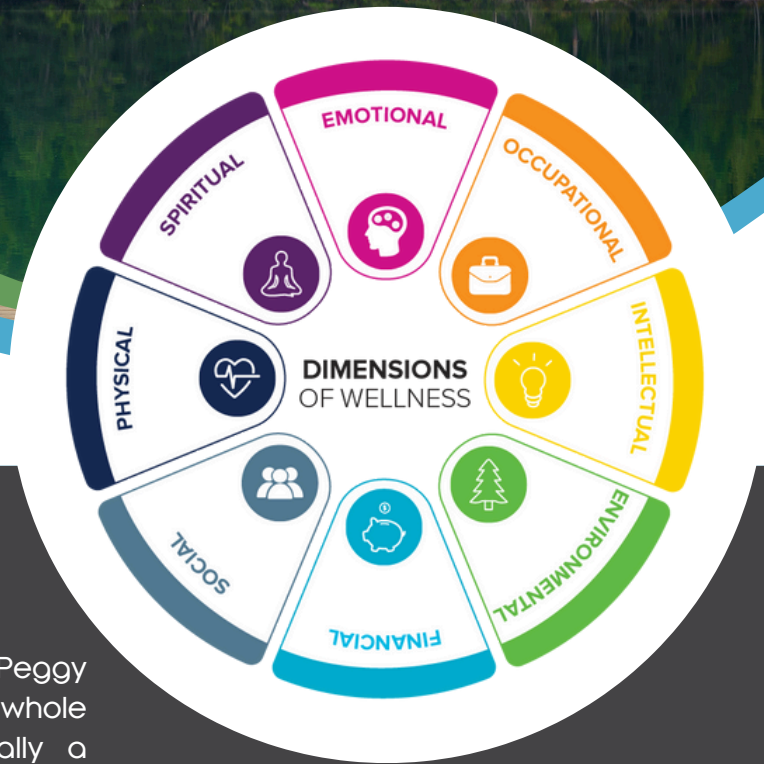


The Eight DIMENSIONS OF WELLNESS



The 8 dimensions of wellness, introduced by Dr. Peggy Swarbrick in the 1990s, emphasize treating the whole individual based on essential human needs. Initially a personal tool, it evolved from five to eight dimensions, focusing on individual strengths. Dr. Swarbrick defines wellness as intentionally cultivating habits and increasing awareness in each dimension.

- 1 Emotional Wellness**
The ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences.
- 2 Occupational Wellness**
The achievement of a healthy work-life balance, managing workplace stress, and building and maintaining healthy relationships with your co-workers.
- 3 Intellectual Wellness**
The ability to engage our minds in a productive, creative, and stimulating way each day.
- 4 Environmental Wellness**
The relationship you have with your environment, both indoor and outdoor, community, and nature.
- 5 Financial Wellness**
When one can fully meet current and ongoing financial obligations, can feel secure in their financial future, and is able to make choices that allow them to enjoy life.
- 6 Social Wellness**
The ability to form and maintain healthy relationships with others, as well as the capacity to engage in a supportive and connected community.
- 7 Physical Wellness**
Includes regular physical activity, balanced nutrition, adequate rest, and maintaining a functional body that performs daily tasks while reducing the risk of chronic diseases and injuries.
- 8 Spiritual Wellness**
Our connection to a sense of meaning and purpose in life; the connection to our truest self.

New Year Challenge: Self-Help Exercise

Carve out 5-10 minutes of your day and re-create the 8 Dimensions of Wellness Wheel on a sheet of paper. Reflect on each of the eight areas of your life, and ask yourself the following questions:

- How do I rate my health in this area on a scale of 1-10 (10 being the best)?
- Do I need to do more research or learn more about this specific topic?
- Do I already have practices in place here? If not, what can I implement to improve this area of my life?
- What can I do to enrich and reach my full potential in this area? Add more to my plate, add less, set boundaries?
- Who or what can I turn to for help or resources in this area of my life?