

Environmental Wellness

Environmental Wellness is the ability to recognize your responsibility for the world's natural and built resources.

Intellectual Wellness

Intellectual Wellness is the ability to open your mind to new ideas and experiences.

Occupational Wellness

Occupational Wellness is the ability to receive personal fulfillment from our livelihoods while still maintaining balance.

Emotional Wellness

Emotional Wellness is the ability to acknowledge and express feelings in a productive manner.

Spiritual Wellness

Spiritual Wellness is the ability to establish peace and harmony in our lives through the development of a value and belief system.

Physical Wellness

Physical Wellness is the ability to maintain a healthy lifestyle.

Social Wellness

Social Wellness is the ability to establish and maintain positive relationships.



Elements of Wellness