

## **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.

- 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.
- 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.

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.

Social Wellness

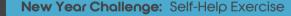
The ability to form and maintain healthy relationships with others, as well as the capacity to engage in a supportive and connected community.

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.

Spiritual Wellness

Our connection to a sense of meaning and purpose in life; the connection to our truest self.



EMOTIONAL

**DIMENSIONS** 

OF WELLNESS

FINANCIAL

HYSICAL

Carve out 5-10 minutes of your day and recreate 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?

