



8 DIMENSIONS OF WELLNESS

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

FINANCIAL

Satisfaction with current and future financial situations.

SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL

Expanding our sense of purpose and meaning in life.

OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL

Recognizing the need for physical activity, diet, sleep and nutrition.



FAIRFAX - FALLS CHURCH

**Community
Services Board**



Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29,(4) 311-3314.

Also SAMHSA's 10x10 Wellness Campaign.