Emotional

Coping effectively with life and creating satisfying relationships.

Environmental

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

Financial

Satisfaction with current and future financial situations.

Intellectual

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

dimensions of wellness

Social

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

Physical

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

Spiritual

Expanding our sense of purpose and meaning in life.

Occupational

Personal satisfaction and enrichment derives from one's work.