

7 Dimensions of Wellness



1. Physical Wellness

Taking care of our body through healthy eating, restful sleep, physical activity, and healthy lifestyle practices, as well as, preventing illness and injury or managing chronic health conditions.

2. Social Wellness

Developing a sense of connection and belonging. It involves building healthy relationships with friends, family, and coworkers and maintaining a strong support network.

3. Mental/Emotional Wellness

Being able to feel, think and act in ways that help you enjoy life and cope effectively with its challenges. It is a necessary resource for living a healthy life and a main factor in overall health.

4. Personal Growth Wellness

Recognizing one's own potential and finding ways to expand knowledge and skills. It includes exercising the mind, fostering creativity, improving problem solving, encouraging curiosity and critical thinking.

5. Financial Wellness

Meeting financial obligations and being prepared for emergencies. It is also about having a financial plan for the future and the knowledge, skills, and confidence to make responsible financial decisions.

6. Professional/Occupational Wellness

Finding meaning and personal satisfaction from one's work. It involves developing good work habits, setting goals, and engaging in activities to achieve one's career/work aspirations.

7. Environmental Wellness

Being part of pleasant, respectful, positive, safe, and stimulating environments that support one's overall well-being and promote a feeling of order and harmony.



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