

4. Health and Wellness video: [8 Dimensions of Wellness](#)

- **Health** is a state of complete **physical, mental** and **social** well-being
= not merely the absence of disease or infirmity
- **Wellness** is the active process of **becoming aware of** and **making choices toward** a healthy and fulfilling life.
= a positive approach to living
- Wellness has a direct influence on your overall health, which is essential if you are trying to reach your full potential as a person
- **Seven Dimensions of Wellness**

There are seven dimensions of wellness: physical, emotional, spiritual, environmental, financial, social, and intellectual.

Emotional Wellness



Emotional wellness relates to understanding your **feelings** and coping effectively with **stress**. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources so you can learn and grow from experiences.

Environmental Wellness



Environmental wellness inspires us to live a lifestyle that is respectful of **nature** and your personal **environment**. Everyone can have a strong environmental conscious simply by raising their awareness.

Mental Wellness



Mental or intellectual wellness involves having an **open mind** when you encounter new ideas and continuing to expand your **knowledge**. It encourages active participation in scholastic, cultural and community activities.

Physical Wellness



Physical wellness relates to maintaining a **healthy body** and seeking **care** when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness.



Social Wellness

Social wellness helps you perform **social roles** effectively and create a **support network**. This dimension of wellness allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partners.



Spiritual Wellness

Spiritual wellness allows you to develop a set of **values** that help you seek **meaning** and **purpose** through religion, relaxation, etc. Being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.



Financial Wellness

Financial wellness involves learning how to successfully **manage financial expenses**. Money plays a critical role in our lives. Not having enough of it impacts health and academic performance. Financial stress is a common source of stress, anxiety and fear.

- Each dimension of wellness
 - is interrelated with another
 - is equally vital in the pursuit of optimum health

