SOCIAL WELLNESS

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

OCCUPATIONAL WELLNESS

Personal satisfaction and enrichment derived from one's work

FINANCIAL WELLNESS

Satisfaction with current and future financial situations

ENVIRONMENTAL WELLNESS

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

EMOTIONAL WELLNESS

Coping effectively with life and creating satisfying relationships

SPIRITUAL

Expanding our sense of purpose and meaning in life

INTELLECTUAL WELLNESS

Recognizing creative abilities and finding ways to expand knowledge and skills

PHYSICAL WELLNESS

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

Your Personal Guide To Wellness

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