

8 DIMENSIONS OF OVERALL WELLNESS

8 Dimensions of Overall Wellness	NAME (Plan 2024)	Comments
<p>SOCIAL: examples include too many friends, not enough friends, too much or too little time spent at social events, unfulfilling or abusive relationships with family, friends, spouse</p>		
<p>PHYSICAL: examples include not enough/ too much: sleep, exercise, nutritious food, romantic time</p>		
<p>INTELLECTUAL: examples include job satisfaction or dissatisfaction, too many or not enough learning/ mentally stimulating opportunities, too much or too little mental load</p>		
<p>CREATIVE/OCCUPATIONAL: examples include being bored, overworked & having too many or too few opportunities for fun, leisure and for work</p>		
<p>EMOTIONAL: examples include connection, conditional love and self- worth and emotional relief</p>		
<p>ENVIRONMENTAL: examples include living in a neighborhood or in a dwelling where you feel safe or inspired and dedication to environmental justice</p>		
<p>SPIRITUAL: examples include purpose and direction in life</p>		
<p>FINANCIAL examples include money security, worries & anxiety – too much or too little assets</p>		