

# Dimensions of Wellness



**Presented by:**  
Guidance for Change

**[www.guidanceforchange.org](http://www.guidanceforchange.org)**

# What is Wellness?

## Holistic Approach Dimension of Wellness



Wellness is an active process of making choices toward a healthy and fulfilling life.



**GLOBAL WELLNESS  
INSTITUTE™**  
EMPOWERING WELLNESS WORLDWIDE

# Dimensions of Wellness

1. **Physical Dimension:** Caring for your body to stay healthy now and in the future
2. **Intellectual Dimension:** Growing intellectually, maintaining curiosity, and expanding knowledge and skills
3. **Emotional Dimension:** Understanding your emotions and others' emotions, managing emotions and attitudes
4. **Social Dimension:** Maintaining healthy relationships, caring for others, allowing others to care about you, and contributing to your community

# Dimensions of Wellness

5. **Spiritual Dimension:** Finding purpose, value or meaning in your life (with or without organized religion)
6. **Occupational Dimension:** Participating in work that provides personal satisfaction, in line with your values, goals, and lifestyle
7. **Financial Dimension:** Managing resources, making informed financial decisions, and preparing for short- and long-term needs
8. **Environmental Dimension:** Understanding how your natural and built environments impact your well-being, demonstrating commitment to a health environment

# Possible Areas of Discussion

What Dimensions of Wellness would you want to focus on?

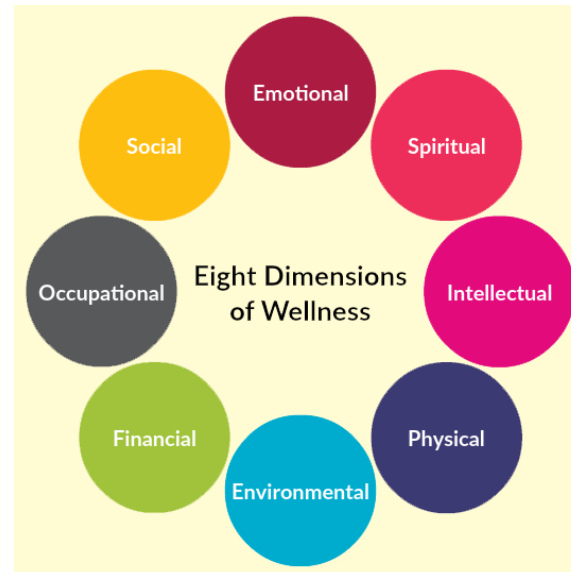
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# Scientific Support

Many research studies associate the variables with wellness and positive outcomes.

Example: sleep, exercise, nutrition

- Assessment of variable using a health measurement.
- Lifestyle variables have correlation with overall wellness



# Physical

Caring for your body to stay healthy now and in the future

- ☐ Physical activity
- ☐ Healthy eating
- ☐ Sleep well
- ☐ Physical Pain
- ☐ Health  
Conditions

- ☐ Temperature
- ☐ Air quality
- ☐ Light
- ☐ Relaxation
- ☐ Cleanliness
- ☐ Comfort

# Intellectual

Growing intellectually, maintaining curiosity, and expanding knowledge and skills

- ☐ Learning
  - ☐ Learn new skills
  - ☐ Learn information
- ☐ Memory
- ☐ Simplify (e.g., checklists)
- ☐ Self-Development
- ☐ Problem Solving
- ☐ Explore a new hobby
- ☐ Reading
- ☐ Writing
- ☐ Education
- ☐ Projects
- ☐ Intellectual stimulation



# Emotional

Understanding your emotions and others'  
emotions, managing emotions and attitudes

- ☐ Mood
- ☐ Impulsivity
- ☐ Self-Control
- ☐ Anger
- ☐ Joy
- ☐ Confidence
- ☐ Resilience
- ☐ Problem Solving
- ☐ Positivity
- ☐ Thankfulness
- ☐ What to do with  
negative emotions
- ☐ Fear
- ☐ Decision Making

# Social

Maintaining healthy relationships, caring for others, allowing others to care about you, and contributing to your community

- ☐ Friends
- ☐ Family
- ☐ Difficulties
- ☐ Loneliness
- ☐ Skills
- ☐ Activities

- ☐ Conflict
- ☐ Communication
- ☐ Fun
- ☐ Assisting others

# Spiritual

Finding purpose, value or meaning in your life  
(with or without organized religion)

☐ Spiritual Practice

☐ Meaning Making  
(i.e., making  
sense of events)

☐ Activities

☐ Learning

☐ Meditation

☐ Contemplation

☐ Values

☐ Kindness toward  
others

☐ Self-Compassion

☐ Nature

☐ Reading

☐ Forgiveness

☐ Prayer

☐ Fun

☐ Community, volunteer  
work

# Financial

Managing resources, making informed financial decisions, and preparing for short- and long-term needs

- ☐ Saving
- ☐ Spending
- ☐ Short-term
- ☐ Long-term
- ☐ Adaptation
- ☐ Monitoring

- ☐ Self-awareness
- ☐ Fairness

# Environmental

Understanding how your natural and built environments impact your well-being

☐ Personal  
behavior

☐ Causes

☐ Awareness

☐ Safety

☐ Sound, light

☐ Health

☐ Consumption

☐ Work Environment

# Occupational

Participating in work that provides personal satisfaction, in line with your values, goals, and lifestyle

☐ Satisfaction

☐ Values

☐ Money

☐ Training

☐ Resumes

☐ Interviews

☐ Acceptance

☐ Having a good relationship with co-workers

☐ Retirement

☐ Career plans

☐ Short term goals

☐ Long term goals

# Ideas for Wellness Goals

Questionnaires may assist in thinking of areas of wellness to work on. Are You Balancing the 7 Dimensions of Wellness?

## Are You Balancing the 7 Dimensions of Wellness?

Wellness is a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. It includes learning new coping and communication skills that address both the positive and negative aspects of human existence. Over the past decade, we have come to realize that survival of the "SPECIES" requires more than fitness. The concept of wellness includes seven dimensions.

Assess your current 7 dimensions of wellness by filling out the questions below, marking the choice that best reflects your current behaviour. Although this is not a scientific questionnaire, it will help you become more aware of your current level of wellness and what changes, if any, you might want to make.

### 1. Social wellness is the process of creating and maintaining healthy relationships.

	Never	Sometimes	Often	Always
I communicate honestly and directly. I resolve conflict in a healthy, timely manner.				
I give and take equally in cooperative relationships.				
I treat every person with respect.				
I use my economic resources to support social responsible choices.				
I maintain a strong mutual, interdependent social support system.				

Source: World Health Organization 7 Dimensions of Wellness

# Thanks



# Sources

Are You Balancing the 7 Dimensions of Wellness,  
<http://www.who.int>

Dimensions of wellness: Change your habits, change your life  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>

# Sources for Images

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