- **Emotional Wellness**: Coping effectively with life and creating satisfying relationships
- **Spiritual Wellness**: 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
- **Environmental Wellness**: Good health by occupying pleasant, stimulating environments that support well-being
- **Financial Wellness**: Satisfaction with current and future financial situations
- **Occupational Wellness**: Personal satisfaction and enrichment derived from one’s work
- **Social Wellness**: Developing a sense of connection, belonging, and a well-developed support system

![Wellness Wheel Diagram]

Image courtesy of: [Ginger](#)