

- **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



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