Six Dimensions of Wellness

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Introduction

“Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.”

National Wellness Institute
Objectives

• We will examine six dimensions of wellness and identify ways to bring about positive change to achieve good health and well being.
The Six Dimensions of Wellness

- Physical
- Emotional
- Social
- Intellectual
- Occupational
- Spiritual
The Six Dimensions of Wellness

Physical

Emotional

Social

Spiritual

Intellectual

Occupational
Physical

- Relates to how we treat our bodies; a healthy body is fed nutritious food, gets regular exercise, avoids harmful habits, and gets regular checkups and medical assistance when necessary.
Spiritual

- Relates to your worldview; ethics, values, morals that guide you. Your life has meaning and purpose.
Intellectual

• Using your mind to its capacity; includes intuitive skills, critical and clear thinking, creativity, problem solving, and lifelong learning.
Occupational

- Do what you love, love what you do; identify and contribute your unique skills and talents; find work that is meaningful and rewarding; can also be volunteer work.
Social

- Includes the human and physical environment and how we relate to both; contributing to a healthy community; healthy relationships with others; doing things for the greater good.
Emotional

• The ability to understand and express your feelings in a healthy way; open to personal development. The emotionally well person maintains a positive approach to life.
Summary

- The dimensions of wellness are interconnected
- Wellness is a process
- You can make changes to create and/or balance your sense of wellness
- Change begins in your mind
Where to Get More Information

• Be a good consumer of wellness information and products
  – www.nih.gov
  – www.healthfinder.gov
  – www.webmd.com
  – www.berkeleywellness.com
  – www.healthypeople.gov
  – www.eatright.org
  – www.stress.org