The Seven Dimensions of Wellness

The seven dimensions of wellness are not intended to be absolute but a way to find a nice, moderate balance within our lives. For instance, we may not participate in each dimension daily, but we might participate regularly throughout the year.

**Intellectual (Key areas: creativity and critical thinking)**

The intellectual dimension of wellness can involve things like lifelong learning, critical-thinking skills, and educational goals. This dimension suggests that we have a solid presence of intellectual stimulation throughout our lives. Simply because school is over does not mean that we have to stop thinking critically and challenging our intellect to progress in our lives. One aspect of critical thinking involves how we think creatively. Creativity can be an important part of intellectual wellness.

**Social/Cultural (Key areas: relationships, humor, play, and communication)**

The social and cultural dimension of wellness involves participating in social activities to practice social skills, while also considering the nature of cultural practices. It can be advantageous to be aware of the idea that different cultures exist in order to effectively communicate with those from diverse cultures. The social aspect of this dimension can include how we establish and maintain relationships, how we approach humor, how we have fun by “playing,” and how we communicate with others.

**Emotional (Key areas: stress, self-esteem, and attitude)**

As humans, we tend to have a need to express our emotions. The emotional dimension of wellness suggests that we express our emotions in a positive, productive, and safe manner. Do you manage your emotions well, or do they get the better of you? The emotional dimension includes how we manage stress, our self-esteem, and how we conduct our attitudes in everyday life.

**Environmental (Key areas: home and community)**

Do you treat your surroundings in a responsible manner? The environmental dimension of wellness suggests that we have a responsibility to be respectful toward and perhaps take care of our surroundings. One example is how well we treat the Earth. Do you litter? Do you pollute in other ways? Are you aware of your carbon footprint? Other examples include more immediate surroundings, such as one’s home and even one’s community.

**Physical (Key areas: diet, nutrition, exercise, and fitness)**

The physical dimension of wellness suggests adopting healthy practices that support the efficient functionality of the human body. This dimension involves maintaining a healthy diet, providing our bodies with a properly balanced set of nutrients, exercising regularly, maintaining a certain level of fitness, and generally avoiding harmful substances that could negatively affect the body.

**Career/Financial**

The career and financial dimension of wellness suggests that we identify methods to earn money that allow us to successfully live our lives. Some might refer to their careers as a vocation or a calling. Is it what you want to be pursuing as a career? Or, would you prefer spending your time and efforts by serving a different purpose?
**Spiritual** *(Key areas: beliefs, life purpose, and contribution)*

The spiritual dimension of wellness should not be confused with religious beliefs. Spirituality can include religious beliefs, but it is not a requirement. Instead, this dimension focuses on things like one’s life purpose and general belief systems. To determine our spirituality, we can ask ourselves questions, such as what is my purpose on Earth? What are my core beliefs or principals? Which philosophical approaches are dear to my heart? Spirituality can also involve how we “contribute” to what we consider as the “greater good.”