

First Name: _____

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SS1010-14 – Six Dimensions of Wellness

Six Dimensions of Wellness

<http://c.ymcdn.com/sites/www.nationalwellness.org/resource/resmgr/docs/sixdimensionsfactsheet.pdf>

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

Occupational Wellness

The occupational dimension recognizes personal satisfaction and enrichment in one’s life through work. At the center of occupational wellness is the premise that occupational development is related to one’s attitude about one’s work. Traveling a path toward your occupational wellness, you’ll contribute your unique gifts, skills, and talents to work that is both personally meaningful and rewarding.

Occupational wellness follows these tenets:

- *It is better to choose a career which is consistent with our personal values, interests, and beliefs than to select one that is unrewarding to us.*
- *It is better to develop functional, transferable skills through structured involvement opportunities than to remain inactive and uninvolved.*

Physical Wellness

The physical dimension recognizes the need for regular physical activity. Physical development encourages learning about diet and nutrition while discouraging the use of tobacco, drugs and excessive alcohol consumption. Optimal wellness is met through the combination of good exercise and eating habits. As you travel the wellness path, you’ll strive to spend time building physical strength, flexibility and endurance while also taking safety precautions so you may travel your path successfully, including medical self-care and appropriate use of a medical system.

Physical wellness follows these tenets:

- *It is better to consume foods and beverages that enhance good health rather than those which impair it.*
- *It is better to be physically fit than out of shape.*

Social Wellness

The social dimension encourages contributing to one’s environment and community. It emphasizes the interdependence between others and nature. As you travel a wellness path, you’ll become more aware of your importance in society as well as the impact you have on multiple environments. You’ll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you.

Social wellness follows these tenets:

- *It is better to contribute to the common welfare of our community than to think only of ourselves.*
- *It is better to live in harmony with others and our environment than to live in conflict with them.*

Intellectual Wellness

The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others. Traveling a wellness path, you'll explore issues related to problem solving, creativity, and learning. You'll spend more time pursuing personal interests and reading books, magazines, and newspapers, while keeping abreast of current issues and ideas.

Intellectual wellness follows these tenets:

- *It is better to stretch and challenge our minds with intellectual and creative pursuits than to become self-satisfied and unproductive.*
- *It is better to identify potential problems and choose appropriate courses of action based on available information than to wait, worry, and contend with major concerns later.*

Spiritual Wellness

The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Your search will be characterized by a peaceful harmony between internal personal feelings and emotions and the rough and rugged stretches of your path. You'll know you're becoming spiritually well when your actions become more consistent with your beliefs and values, resulting in a "world view."

Spiritual wellness follows these tenets:

- *It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.*
- *It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.*

Emotional Wellness

The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. On the wellness path, you'll be able to express feelings freely and manage feelings effectively. You'll be able to arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior.

Emotional wellness follows these tenets:

- *It is better to be aware of and accept our feelings than to deny them.*
- *It is better to be optimistic in our approach to life than pessimistic.*