Wishing You Well: Seven Interdependent Dimensions of Wellness

We wish you well during finals, and over the winter break!

Wishing you well involves more than hoping that you don’t catch a cold or the flu! “Wellness” contains multiple dimensions: social, physical, emotional, intellectual, spiritual, occupational and environmental. “Being well” involves fostering balance among these seven areas of life.

Social Wellness
- Pursuing satisfying relationships with others
- Respecting differences of other groups and individuals
- Engaging in effective ways of resolving conflicts
- Contributing to the common welfare of the community
- Recognizing that one’s self and society are interdependent

Physical Wellness
- Pursuing healthy, safe practices in areas of exercise, sleep, substance use, nutrition and sexuality
- Engaging in self-care behavior which helps prevent, detect and/or treat illness/disease

Emotional Wellness
- Being aware of and accepting one’s own feelings and the feelings of others
- Being able to love and be loved
- Experiencing self-esteem and appreciating one’s life
- Expressing and managing one’s emotions appropriately
- Managing stress and dealing with difficult decisions effectively

Career/Occupational Wellness
- Preparing for and entering work that is consistent with one’s personal interests and values
- Gaining satisfaction from work that is personally enriching and rewarding
- Expanding and evolving one’s skills and interests throughout life

Intellectual Wellness
- Engaging one’s mind in creative and stimulating mental activities
- Using resources to expand knowledge and improve skills
- Adapting to and tolerating changes, new information, differing perceptions and approaches

Environmental Wellness
- Acting with recognition of the interdependence of self, society and the natural environment
- Accepting personal and social responsibility for promoting ecological well-being
- Making environmentally sound choices concerning the workplace, home and neighborhood
- Limiting the use of physical and chemical agents which have harmful environmental effects

Spiritual Wellness
- Valuing meaning and purpose in life - outside of or within the context of religious tradition
- Respecting life’s progression and significance
- Developing trust, integrity and an ethical approach to life
Best wishes for “wellness,” at this time of year and always!