



### **Career Wellness**

The professionally well person engages in work from which he/she gains personal satisfaction and enrichment, consistent with his/her values, goals, and lifestyle.



### **Creative Wellness**

The creatively well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.



### **Emotional Wellness**

The emotionally well person can identify, express, and manage the entire range of his/her feelings and would consider seeking assistance to address areas of concern.



### **Environmental Wellness**

The environmentally well person recognizes the responsibility to preserve, protect, and improve the environment and appreciates the interconnectedness of nature and the individual



### **Financial Wellness**

The financially well person is fully aware of his/her own financial state and budgets, saves, and manages his/her finances in order to achieve realistic financial goals.



### **Intellectual Wellness**

The intellectually well person values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews, and engage in education for the pursuit of knowledge



### **Physical Wellness**

The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, engages in exercise for 150 minutes per week, attends regular medical check-ups, and practices safe and healthy sexual relations



### **Social Wellness**

The socially well person has a network of support based on interdependence, mutual trust, respect and has developed a sensitivity and awareness towards the feelings of others.



### **Spiritual Wellness**

The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose, meaning, and connection through dialogue and self-reflection