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.