## **SH-01**

# **SELF HELP**

For a wholesome life, we need to pay attention to all aspects of life. For ease of understanding. 8 dimensions have been identified to understand Wellness:

### 8 Dimensions of Wellness



#### The 8 dimensions of wellness are:



Spiritual Spiritual wellness is a process of understanding beliefs, values, and ethics that help guide your life. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part to your overall wellbeing.

#### Financial wellness means taking steps to live within your financial means and living in, and planning for, future financial health. You can do this by planning financially, creating a budget, and learning to be a good consumer.

inancia,

Environmental wellness means Environmental taking care of your global environment and your personal surroundings. De-cluttering your room, recycling your trash or volunteering to clean up your environment can improve health for all.

individual wellness bodies (exercise), eating well balanced meals (nutrition), sleeping, managing Social wellness involves having a

Your

stress, receiving preventative medical and dental care, and strong social network can give you support and quidance when you are stressed or need stress relief. Additionally these relationships can aid in the development of healthy relationships.

Social

Emotional Maintaining a healthy emotional life is important to overall health. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Intellectual **Counseling Center.** wellness means staying

curious and engaged in learning new things. Engage in creative activities. Read for pleasure, be aware of social and political issues. or join a club that focuses on enhancing intellectual interests

wellness involves moving your

getting sexual health

screenings when you

become sexual-

ly active.

#### Physical

Intellectual