

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:



Exercising and eating nutritionally to maintain health



Contributing and using skills/abilities through work and volunteering



Planning for financial and legal security



Stimulating mind and mental capacity



Engaging feelings, managing stress, transitioning



Connecting and interacting with family, friends, community



Seeking spiritual centered beliefs through religion, the arts, nature



Preserving the environment for the health of ourselves and our children

