

### Intellectual

Intellectual wellness means keeping our minds active and expanding our intellect by exploring different perspectives and understand diverse points of view.

### Spiritual

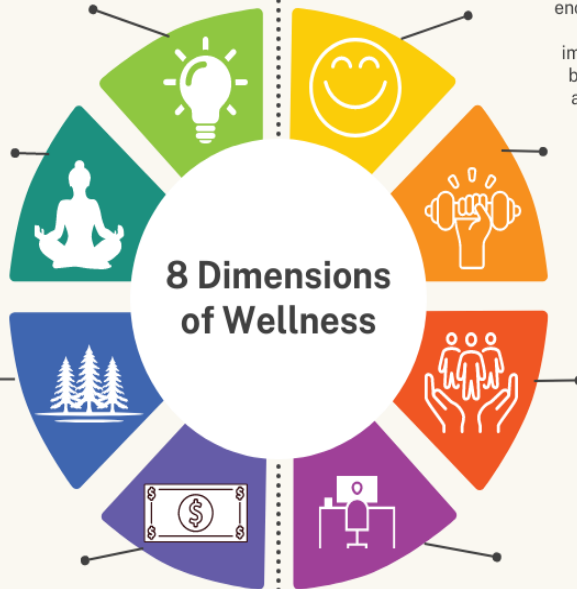
The Spiritual Wellness Dimension encompasses personal beliefs and values and involves having purpose and balance in life.

### Environmental

Environmental wellness is ensuring access to clean air, food, and water. It is also about creating pleasant and stimulating environments that promote learning, relaxation, and contemplation in natural settings.

### Financial

Financial well-being is the level of satisfaction an individual feels towards their monetary status, including income, debt, and savings. Also having an understanding of financial processes and access to resources improves the Financial Dimension.



### Emotional

Emotional Wellness involves expressing emotions, handling stress, and finding joy in life. It encompasses recognizing our strengths and areas for improvement. It is also about balancing self-reliance with accepting help from others.

### Physical

Maintaining a healthy body involves developing good physical health habits which include nutrition, exercise, and appropriate health care.

### Social

Social Wellness involves having healthy relationships with friends, family, and the community. It's also about having an interest in and concern for the needs of others.

### Occupational

The Occupational Wellness Dimension involves finding purpose and meaning in work activities that align with personal values, interests, and beliefs.