Dimensions of Wellness
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PHYSICAL
- maintaining a healthy quality of life without undue stress or fatigue

SPIRITUAL
- ability to establish peace and harmony in our lives

FINANCIAL
- identifying our relationship with money and skills in managing resources

ENVIRONMENTAL
- recognizing our responsibility for the quality of our environment

INTELLECTUAL
- opening our minds to new ideas and experiences

EMOTIONAL
- understanding ourselves and coping with life challenges

OCCUPATIONAL
- personal fulfillment from career while maintaining balance

SOCIAL
- relating and connecting with others in this world

PRESENTED BY THE UVA PEER HEALTH EDUCATORS