



# Eight Dimensions of Wellness



# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 BHH Health Literacy Committee Meeting
10	11	12 BHH Tableau Support Group	13	14
17 Martin Luther King Day	18	19	20 BHH Work Group Population Health	21
<b>National Healthy Weight Week</b>				
24 Healthy Weight Week	25	26	27	28
31				

# The Eight Dimensions of Wellness Overview

Every aspect of wellness can affect a person's life. Working to improve all 8 dimensions is an essential goal because overall wellness relates directly to a person's physical and mental health.



## The Eight Dimensions of Wellness

1. **Physical wellness** refers to your body's health. It is important to strive for optimal physical wellness because the effects go beyond your body and influence your mind, emotions and overall well-being.
2. **Intellectual wellness** is represented through lifelong learning and creativity. Increasing your knowledge will help increase your opportunities for success.
3. **Emotional wellness** pertains to your ability to recognize process and express your different emotions.
4. **Social wellness** plays a major role in your overall health. Your ability to interact with others, maintain meaningful & healthy relationships that make you feel connected are some of the components of social wellness.
5. **Spiritual wellness** is about having a core set of principles or values that you look to for moral and spiritual structure and guidance.
6. **Environmental wellness** is what you do to make the world a better place. Improving the planet and the lives of others make you feel better and improve your well-being.
7. **Vocational wellness** is about finding passionate work that you enjoy.
8. **Financial wellness** involves things such as income, debt, and savings, as well as a person's understanding of financial processes and resources.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>

# Resources for Clients



1. A Step-by-Step Guide to Wellness (SAMHSA) - <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>
2. How 11 minutes of exercise can help you live longer (AARP) - <https://www.aarp.org/health/healthy-living/info-2021/exercise-and-longevity.html>
3. Strengthen current friendships, contact an old friend, or discover new friendships - (Mayo Clinic) - [Friendships: Enrich your life and improve your health - Mayo Clinic](#)
4. Your Life, Your Money (PBS) - [Tools & Resources - Your Life Your Money | PBS](#)
5. Your Intellectual Wellness (DBSA) - <https://www.dbsalliance.org/wellness/wellness-toolbox/dbsa-wellness-wheel/your-intellectual-wellness/>
6. Your Occupational Wellness (DBSA) - <https://www.dbsalliance.org/wellness/wellness-toolbox/dbsa-wellness-wheel/your-occupational-wellness/>
7. Emotional Wellness Toolkit (NIH) - <https://www.nih.gov/health-information/emotional-wellness-toolkit>
8. Environmental Wellness Toolkit (NIH) - <https://www.nih.gov/health-information/environmental-wellness-toolkit>
9. Spirituality, Religion, and Mental Illness (Rethink Mental Illness) - <https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/spirituality-religion-and-mental-illness/>

# Resources for Staff



1. Health-Related Quality of Life (CDC) - <https://www.cdc.gov/hrqol/index.htm>
2. Occupational Wellness & COVID19 (ALA-APA) - <https://ala-apa.org/wellness/home/emotional-wellness-3/>
3. Dimensions of Wellness: Change Your Habits, Change Your Life (NIH) - [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/#:~:text=Wellness%20encompasses%208%20mutually%20interdependent,Table%201\)%20\(1\).](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/#:~:text=Wellness%20encompasses%208%20mutually%20interdependent,Table%201)%20(1).)
4. Financial Literacy Resource Directory (US Office of Comptroller of Currency) - <https://www.occ.treas.gov/topics/consumers-and-communities/community-affairs/resource-directories/financial-literacy/index-financial-literacy-resource-directory.html>
5. A Wellbeing Assessment Tool (WMU) - <https://wmich.edu/eup-instructional/WellbeingAssessment/>