



8 Dimensions of Well-Being



01

Physical- engage in frequent, short exercises that you enjoy such as yoga, walking, or breathing exercises.

02

Intellectual- find creative outlets that stimulate or calm the mind such as reading, working a puzzle, or meditating.

03

Financial- be creative about your budgeting and meet with a financial advisor who provides free or low-cost guidance.

04

Environmental- appreciate nature and seek experiences that have a calming effect such as music or aromatherapy.

05

Occupational- prioritize the daily occupations that are important to you.

06

Social- make at least one social connection per day by calling, e-mailing, or visiting someone.

07

Emotional- be aware of, listen to, and express your feelings to people you can trust such as a support group.

08

Spiritual- take time to discover what values, principles, and beliefs are most important to you.