

ENVIRONMENTAL WELLNESS

is the ability to recognize your responsibility for the world's natural and built resources.

INTELLECTUAL WELLNESS

is the ability to open your mind to new ideas and experiences.

PHYSICAL WELLNESS

is the ability to maintain a healthy lifestyle.

SOCIAL WELLNESS

is the ability to establish and maintain positive relationships.



Elements of Wellness

EMOTIONAL WELLNESS

is the ability to acknowledge and express feelings in a productive manner.

SPIRITUAL WELLNESS

is the ability to establish peace and harmony in our lives through the development of a value and belief system.

OCCUPATIONAL WELLNESS

is the ability to receive personal fulfillment from our livelihoods while still maintaining balance.