Elements of Wellness

**Environmental Wellness**
Environmental Wellness is the ability to recognize your responsibility for the world’s natural and built resources.

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

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

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

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

**Environmental Wellness**
Environmental Wellness is the ability to recognize your responsibility for the world’s natural and built resources.

**Physical Wellness**
Physical Wellness is the ability to maintain a healthy lifestyle.

**Social Wellness**
Social Wellness is the ability to establish and maintain positive relationships.