

9 Dimension of Wellness

swc.osu.edu



Emotional Wellness

The emotionally well person can identify, express and manage the entire range of feelings and would consider seeking assistance to address areas of concern.



Career Wellness

The professionally well person engages in work to gain personal satisfaction and enrichment, consistent with values, goals and lifestyle.



Social Wellness

The socially well person has a network of support based on interdependence, mutual trust, respect and has developed a sensitivity and awareness towards the feelings of others.



Spiritual Wellness

The spiritually well person seeks harmony and balance by openly exploring the depth of human purpose, meaning and connection through dialogue and self-reflection.



Physical Wellness

The physically well person gets an adequate amount of sleep, eats a balanced and nutritious diet, engages in exercise for 150 minutes per week, attends regular medical check-ups and practices safe and healthy sexual relations.



Financial Wellness

The financially well person is fully aware of financial state and budgets, saves and manages finances in order to achieve realistic goals.



Intellectual Wellness

The intellectually well person values lifelong learning and seeks to foster critical thinking, develop moral reasoning, expand worldviews and engage in education for the pursuit of knowledge.



Creative Wellness

The creatively well person values and actively participates in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.



Environmental Wellness

The environmentally well person recognizes the responsibility to preserve, protect and improve the environment and appreciates the interconnectedness of nature and the individual.