



# 8 DIMENSIONS OF WELLNESS

## EMOTIONAL

Coping effectively with life and creating satisfying relationships.

## ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

*Mark 6: 7-9; Phil. 4:19*

## INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

*Proverbs 4:5-6; Hosea 4:6;  
II Tim 2:15*

## PHYSICAL

Recognizing the need for physical activity, diet, sleep and nutrition.

*Romans 12:1; I Cor. 6:19-20*

## OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work.

*Psalms 75:6-7; II Thess.3:10-11*

## FINANCIAL

Satisfaction with current and future financial situations.

*Prov. 24:3-4; Matt. 25:14-30;  
Eccl. 10:19, I Tim 6:10*

## SOCIAL

Developing a sense of connection, belonging, and a well-developed support system.

*II Tim 1:7; Phil 2:1-5; I Cor. 15:33*

## SPIRITUAL

Expanding our sense of purpose and meaning in life.

*John 14:26; Pro. 27:17; I John 3:22*