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Whole?
Whole!

8 dimensions of **Wellness** (Total Prospering)

they blend and interact with each other as the diagram illustrates

The Eight Dimensions of Wellness (in alphabetical order) are:

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental** — Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial** — Satisfaction with current and future financial situations
4. **Intellectual** — Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational** — Personal satisfaction and enrichment from one's work
6. **Physical** — Recognizing the need for physical activity, healthy foods, and sleep
7. **Social** — Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual** — With a continually deepening understanding, connecting to our place in the Omnipotence of God – pastor Simmons definition (Expanding a sense of purpose and meaning in life, - SAMHSA - definition)