

# Elements of Wellness

Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.

Aware means that you are by nature continuously seeking more information about how you can improve.

Choices mean that you have considered a variety of options and selected those that seem to be in your best interest.

Success is determined by you to be your personal collection of accomplishments for your life.

It is important for each individual to consider and enjoy the process. Everyone is in a different place and those differences should be celebrated and encouraged to support growth and awareness within a holistic environment.



## *Social Wellness*

Social Wellness is the ability to establish and maintain positive relationships



## *Emotional Wellness*

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



## *Spiritual Wellness*

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



## *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



## *Intellectual Wellness*

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



## *Physical Wellness*

Physical Wellness is the ability to maintain a healthy lifestyle