

### *Environmental Wellness*

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

### *Intellectual Wellness*

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

### *Occupational Wellness*

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

### *Emotional Wellness*

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

## *Elements of Wellness*

### *Spiritual Wellness*

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

### *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.

