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

SOCIAL WELLNESS is the ability to establish and maintain positive relationships.

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

OCCUPATIONAL WELLNESS is the ability to receive personal fulfillment from our livelihoods while still maintaining balance.

INTELLECTUAL WELLNESS is the ability to open your mind to new ideas and experiences.

EMOTIONAL WELLNESS is the ability to acknowledge and express feelings in a productive manner.

PHYSICAL WELLNESS is the ability to maintain a healthy lifestyle.