



The Eight Dimensions of Wellness

PHYSICAL—Exercising, eating, and sleeping well, and preventing disease

Tips:

- Stay active by taking the stairs and walking instead of driving.
- Make healthy food choices.
- Get enough sleep. This is as important as diet and exercise.
- See your primary care doctor regularly.

EMOTIONAL—Coping effectively with life's challenges

Tips:

- Be aware of your feelings.
- Express your feelings to others.
- Seek support for coping with upsetting emotions.

SOCIAL—Connecting with others and developing a support system

Tips:

- Make a list of supportive family, friends, co-workers, and peers.
- Make at least one connection per day by calling, emailing, or visiting someone.
- Join a club, social group, or support group.
- Volunteer with an organization whose interests you share.
- Get involved in peer support.

OCCUPATIONAL—Getting personal satisfaction and enrichment through work and school

Tips:

- Ensure your job (paid or unpaid) supports your well-being.
- Communicate with your supervisor regularly and get support when needed.
- Take work and/or study breaks.

INTELLECTUAL—Being creative and expanding knowledge and skills

Tips:

- Take a class or read a book, and share what you learned with others.
- Create a scrapbook or a discussion group.
- Research a topic that interests you.

FINANCIAL—Finding satisfaction in your current and future financial situation

Tips:

- Be thoughtful and creative about budgeting and spending.
- Plan and prepare for the future and open bank and saving accounts.

ENVIRONMENTAL—Finding a pleasant, stimulating environment that supports well-being

Tips:

- Paint a wall, organize a closet, or donate household items you don't need.
- Take a walk or seek out music and other experiences that have a calming effect.

SPIRITUAL—Expanding your sense of purpose and meaning in life

Tips:

- Make time for practices that enhance your sense of connection to self, nature, or others.
- Find a community that shares your spiritual outlook.



What wellness means and what we focus on varies from person to person. Yet it is useful to think about how we are doing in each of the 8 dimensions of wellness.



Substance Abuse and Mental Health Services Administration

SAMHSA

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