

## Areas of Wellness

**Emotional** - Emotional well-being comes from understanding and expressing feelings in a healthy, balanced way. It includes our general mood each day and the ways we work with our feelings when things happen in our lives.

**Intellectual** - Intellectual well-being includes the ways we think, learn, and make sense of the world. We can support intellectual wellness by learning new things and being creative.

**Physical** - Physical well-being is about the health of our bodies. It includes moving and having the strength and energy for daily tasks. We can support physical well-being by getting enough sleep, being physically active, and eating a balanced diet.

**Social** - Social well-being is based on having healthy relationships with friends, family, co-workers, and others around us. It is supported by spending quality time with people, making a difference in our community, and having fun with those we care about.

**Environmental** - Environmental well-being includes having safe and healthy homes, workplaces, neighborhoods, and communities. We can support this kind of wellness by getting out in nature or creating beauty and order where we live and work. We also add to this kind of well-being when we make choices that are healthy for the natural world.

**Financial** - Financial well-being is about managing our money and resources to meet our needs. In each stage of life, we can learn new skills to make the most of what we have.

**Spiritual** - Spiritual well-being is linked to our sense of purpose and fulfillment. It is improved when we feel our lives have meaning. It can be supported with or without organized religion. Activities that focus on our beliefs and values add to spiritual well-being.

**Wellness Wheel**  
Creating well-being in all areas of our lives

