

THE 8 DIMENSIONS OF WELLNESS: LET'S PUT THE PIECES TOGETHER

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Why is this topic important?

Taking care of your health is about more than just doctor visits or medications, it's about caring for your whole self. Wellness includes how you feel, how you think, your relationships, and your daily habits. When these areas work together, they can help you stay independent, feel better, and enjoy life more fully. Focusing on wellness can make everyday activities easier, improve your mood, and help you stay connected with the people and things that matter most. The best part? Even small changes can have a positive impact.

Resources

- * **Introduction Video:**
<https://youtu.be/s9MnJ-fDqCY?si=g9pneqUdawC3xeLN>
What Exactly is Wellness?:
<https://capemay.njaes.rutgers.edu/2023/03/06/what-exactly-is-wellness/>
- * **8 Dimensions of Wellness Article:**
<https://alcoholstudies.rutgers.edu/mapping-mental-health-dr-swarbrick-the-eight-wellness-dimensions/>
- * **Wellness Wednesdays:**
<https://extension.rutgers.edu/wellness-wednesdays>
- * **Achieve Wellness:**
<https://extension.rutgers.edu/wellness-wednesdays/archive/wellness>
- * **Webinar on 8 Dimensions of Wellness:**
<https://extension.rutgers.edu/event/8-dimensions-wellness-introduction>



What is Wellness?

Wellness is not just the absence of illness. It is a way of living that supports a healthy and satisfying life. It includes 8 different dimensions, and reflects the daily choices we make to take care of ourselves.

Wellness is also about balance. It includes taking care of your body, engaging your mind, and nurturing your spirit. All working together to help you feel your best.

8 Dimensions of Wellness

Wellness is made up of 8 important areas, and each one plays a role in your daily life:

- **Physical:** Taking care of your body (food, movement, sleep)
- **Emotional:** Understanding and managing your feelings
- **Social:** Staying connected with others
- **Intellectual:** Learning and keeping your mind active
- **Spiritual:** Finding meaning and purpose
- **Environmental:** Creating a safe and comfortable space
- **Occupational:** Doing things that feel meaningful
- **Financial:** Managing your money and resources

These areas are all connected. Improving even one can help support the others and improve your overall well-being

Try This This Week:

Take a moment to think about the 8 dimensions above.

Ask yourself: Which area of wellness feels most important to me right now?