

9 Dimensions of Wellbeing:

Occupational wellbeing – Being engaged in work that brings you personal satisfaction and aligns with your values, goals and lifestyle

Intellectual wellbeing – Participating in learning activities that foster critical thinking and expand your world view

Spiritual wellbeing – Seeking inner harmony and balance through self-reflection and exploration of your role in the universe

Social wellbeing – Surrounding yourself with a network of support based on mutual trust, respect, and compassion

Emotional wellbeing – Identifying and managing the full range of your emotions, and seeking help when necessary

Physical wellbeing – Getting enough sleep, eating a well-balanced diet, engaging in adequate exercise, getting regular medical check-ups, and practicing other healthy habits

Financial wellbeing – Being cognizant of your personal finances and adhering to a budget that enables you to reach your financial goals

Creative wellbeing – Participating in diverse cultural and artistic experiences that give you a deeper appreciation for the world around you

Environmental wellbeing – Recognizing your interconnectedness with nature, and taking an active role in preserving, protecting and improving the environment