# SOCIAL WELLNESS

Developing a sense of connection, belonging, and a well-developed support system

### OCCUPATIONAL WELLNESS

Personal satisfaction and enrichment derived from one's work

# FINANCIAL WELLNESS

Satisfaction with current and future financial situations

### ENVIRONMENTAL WELLNESS

Good health by occupying pleasant, stimulating environments that support well-being

#### EMOTIONAL WELLNESS

Coping effectively with life and creating satisfying relationships

# SPIRITUAL

Expanding our sense of purpose and meaning in life

# INTELLECTUAL WELLNESS

Recognizing creative abilities and finding ways to expand knowledge and skills

# PHYSICAL WELLNESS

Recognizing the need for physical activity, diet, sleep, and nutrition

# **Health For Life Users Guide**

**RS Peters** 

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