

# The Eight Dimensions of Wellness



**Intellectual Wellness:** engaging in creative, stimulating mental activities (academic and otherwise), striving for personal growth and a willingness to seek out and use new information, making sound decisions and thinking critically, openness to new ideas; motivation to master new skills; a sense of creativity, and curiosity

**Activities include:**

- Taking a non-required course or workshop
- Learning a new skill or picking up a hobby
- Reading (not for class)

**Occupational Wellness:** personal satisfaction and enrichment in one's life through work, seeking opportunities to grow professionally and to be fulfilled in your "job" whatever that may be, preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life

**Activities include:**

- Creating a vision for your career goals
- Visiting a career planning/placement office and use the available resources (e.g., making an appointment with Career Services)
- Talk to a professor about career options

**Environmental Wellness:** enjoying good health by occupying pleasant, stimulating environments that support wellbeing; trying to live in harmony with nature by understanding the impact of your actions on nature; taking initiative to protect your environment

**Activities include:**

- Picking up trash around campus
- Being aware of earth's natural resources and their respective limits
- Recycling and using biodegradable materials when possible

"Wellness is a conscious, deliberate process that requires a person to become aware of and make choices for a more satisfying lifestyle. Wellness is the process of creating and adapting patterns of behavior that lead to improved health in the wellness dimensions and heightened life satisfaction." (Swarbrick, 2006)

As a holistic and multi-dimensional approach to a healthy lifestyle, the wellness model encourages that students strive to achieve a balance between these dimensions of wellness.

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

**Physical Wellness:** healthy eating, sleeping, physical activity, avoiding or reducing drug and alcohol use, identifying symptoms of disease, getting regular medical checkups, and protecting yourself from injuries and harm (safe sex, wearing helmets, etc.)

**Activities include:**

- Exercising for at least 30 minutes per day
- Getting adequate rest (e.g., sleep more than 6 hours per night)
- Controlling your meal portions (e.g., eating in moderation)

**Multicultural Wellness:** awareness of your own cultural background and becoming knowledgeable about, respectful of, and sensitive to the culture of others

**Activities include:**

- Attending a diversity lecture or event (e.g., participating in an OID event)
- Joining and being an active member in a club that promotes multiculturalism
- Taking the initiative to learn about the cultures of your peers

**Social Wellness:** learning good communication skills, developing safe intimacy with others, connecting and contributing to one's community, living up to healthy expectations and demands of our social roles, creating a support network of friends, colleagues and family members, showing respect for others and yourself, building a sense of belonging

**Activities include:**

- Intentionally seeking out others to get acquainted (e.g., having a meal with someone from another dorm)
- Getting involved in a social event
- Contributing to the community (e.g., Community Engagement events)

**Emotional Wellness:** awareness and acceptance of one's feelings and cognitions, coping with and expressing emotions in a healthy and adaptive manner

**Activities include:**

- Practicing stress management techniques
- Meditating
- Seeking help when feeling sad or overwhelmed

**Spiritual Wellness:** search for meaning and purpose in human existence; possessing a set of guiding beliefs, principles, or values that help give direction to one's life, willingness to seek meaning and purpose in human existence, to question everything and to appreciate the things which cannot be readily explained or understood through nature, art, music, religion, meditation, or good deeds performed for others

**Activities include:**

- Exploring/contemplating your spiritual side
- Allowing yourself and those around you the freedom to be who you/they are
- Worshiping