

What Are the Eight Dimensions of Wellness?

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

- 1. Emotional:** Coping effectively with life and creating satisfying relationships.
- 2. Environmental:** Good health by occupying pleasant, stimulating environments that support well-being.
- 3. Financial:** Satisfaction with current and future financial situations.
- 4. Intellectual:** Recognizing creative abilities and finding ways to expand knowledge and skills.
- 5. Occupational:** Personal satisfaction and enrichment from one's work.
- 6. Physical:** Recognizing the need for physical activity, healthy foods, and sleep.
- 7. Social:** Developing a sense of connection, belonging, and a well-developed support system.
- 8. Spiritual:** Expanding a sense of purpose and meaning in life.

Introduction

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.

Remember that wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.

Dimensions of Wellness



Wellness Strategies

SAMHSA's wellness strategies address emotional and general health, nutrition and diet, smoking and tobacco use cessation, and stress management. SAMHSA practice has proven that integrating mental health, substance use, and primary care services produces the best outcomes and proves the most effective approach to caring for people with multiple health care needs. Wellness strategies are best achieved by a combination of the following:

<http://www.samhsa.gov/wellness/strategies>

Follow a Healthy Lifestyle

- Don't smoke or use addictive substances.
- Limit alcohol intake.
- Eat healthy foods and exercise regularly.
- Monitor your weight, blood pressure, sleep patterns, and other important health indicators including oral (teeth and gum) health.

Work with a Primary Care Doctor

- Communication between people with mental health problems, mental health professionals, and primary care providers is essential.
- See a primary care physician regularly (at least twice a year).

Ask Questions!

- Know about medications or alternative treatments.
- Review and act on results of check-ups and health screenings.
- Monitor existing and/or new symptoms.
- Speak up about any concerns or doubts.