

The 7 Dimensions of Wellness

While the concept of wellness often revolves around physical and mental wellbeing, experts understand that it involves much more than just that.

There are seven key dimensions of wellness that contribute to overall health and quality of life



Physical



Emotional



Intellectual



Spiritual



Environmental



Social



Occupational



Physical wellness

Physical wellness centers around the consistent prioritization of physical self-care such as proper nutrition and physical exercise.¹ Working out regularly and eating a whole foods diet are examples of physical wellness.



Emotional wellness

Emotional wellness focuses on the ability to acknowledge and properly express feelings, including validating and managing emotions constructively.² Having a positive attitude and opening up to a friend or licensed professional about one's feelings can help support emotional wellness.



Intellectual wellness

Intellectual wellness encourages one to explore new concepts, enhance skills, and apply new ways of thinking to current obstacles. Challenging the mind through continuous learning is beneficial for this wellness dimension.



Spiritual wellness

Spiritual wellness is about seeking purpose and meaning in one's life and following a set of values. Spiritual wellness can involve activities like meditating, praying, or spending time in nature.



Environmental wellness

Environmental wellness includes consideration of the impact an individual has on the environment and maintaining a healthy relationship with the planet. Conserving natural resources, being mindful of consumption, and recycling are positive examples of supporting environmental wellness.



Social wellness

Social wellness focuses on establishing meaningful connections with friends and family and having harmony in relationships. Spending time with loved ones or joining a community group is important for social wellness.



Occupational wellness

Occupational wellness encourages satisfaction and enrichment in the workplace.³ Exploring exciting career opportunities, balancing work and leisure, and developing job-related skills can help achieve occupational wellness.

Wellness is a multidimensional pursuit that encompasses many important areas of life.

Want to learn more about where wellness is heading?
[Read through our Wellness Index!](#)

1. 2020, National Wellness Institute, <https://cdn.ymaws.com/members.nationalwellness.org/resource/resmgr/tools2/6dimensionssummary.pdf>

2. 2017, National Institutes of Health, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>

3. 2022, News-Medical, <https://www.news-medical.net/health/The-Seven-Dimensions-of-Wellness.aspx>