

JANUARY 2022

Discover the Six Dimensions of Wellness

PHYSICAL

EMOTIONAL

SOCIAL

FINANCIAL

DEVELOPMENTAL

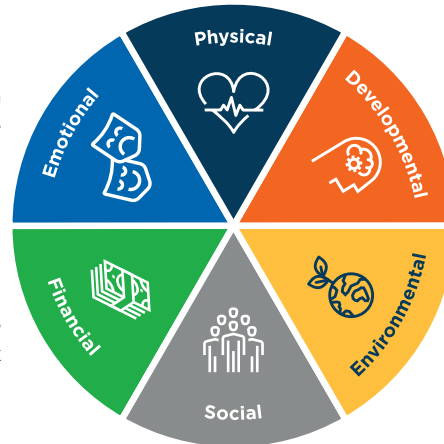
ENVIRONMENTAL

Meet the Dimensions!

Physical: Daily activities supported by nutrition, exercise, rest and disease management

Emotional: Resiliency to cope with life's stressors and inspire self-care

Financial: Security to manage savings, expenses, debt and risk



Developmental: Opportunities to learn, contribute and grow personally/organizationally

Environmental: Tools, resources and policy supporting healthy behaviors

Social: Feeling of belonging, acceptance, comradery and community involvement

How Does Each Dimension of Wellness Affect You?

Physical: Physical wellbeing provides you with a crucial foundation and positively impacts many other areas of wellness.

Emotional: Feeling confident and in control of your emotional wellbeing helps you enhance other areas of your life.

Social: Genuine connections and feelings of belonging and acceptance are essential for total wellbeing.

Financial: Understanding your relationship with money is extremely beneficial and can impact your emotional health.

Developmental: Scheduling time daily, weekly, or annually for personal growth and learning can help you find renewed purpose and foster change.

Environmental: Being mindful of your environment at work, at home and in the community supports overall wellbeing for you and others.

Check out this year's Way to Wellness topics and download our 2022 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!