

Aspects of Wellness

Spiritual

The ability to seek self-awareness, find meaning in something larger than yourself, and respect and forgive others

Financial

The ability to manage money effectively and make wise financial decisions

Academic

The ability to open our minds to new ideas, pursue lifelong learning, and make a positive impact through our work.

Environmental

The ability to recognize our own responsibility for a positive impact on the quality of our environment

Social

The ability to relate to others and maintain positive relationships with family, friends, and co-workers

Emotional

The ability to understand ourselves and share feelings in a productive manner

Physical

The ability to maintain a healthy lifestyle; to choose healthful habits and avoid destructive habits