

UNDERSTANDING LIFE STRESS THROUGH 8 WELLNESS DIMENSIONS

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1 SOCIAL WELLNESS

The sense of connection and belonging that we derive from a well-developed support system and by being part of a community.

2 PHYSICAL WELLNESS

Physical health and well-being achieved through regular physical activity, healthy nutrition, sufficient hydration, and adequate sleep.

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3 OCCUPATIONAL WELLNESS

Personal satisfaction and enrichment we derive from finding the work we do to be meaningful and rewarding.

4 INTELLECTUAL WELLNESS

Engaging in activities that stimulate or challenge our mental faculties and enhance our mental fitness.

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5 SPIRITUAL WELLNESS

Aligning our beliefs and values with a world view that helps us to deepen our sense of purpose and meaning in life.

6 EMOTIONAL WELLNESS

Understanding and managing our feelings in a way that enables us to thrive in our relationships and rationally navigate our life.

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7 FINANCIAL WELLNESS

Accepting or feeling satisfied and secure with our current and future financial situations.

8 ENVIRONMENTAL WELLNESS

Spending time in positive places that promote personal safety and nurture our health, well-being, and potential.

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IN WHICH DIMENSIONS ARE YOU
EXPERIENCING THE MOST STRESS?

Identify TWO specific actions you can take
this week that will help improve your
wellness in at least two dimensions.

REMEMBER

**Taking the smallest action can lead to
substantial positive changes in your life.**

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