

Transcript: Wellness Wheel Webpage

Welcome to the Wellness Wheel. Let's learn more about the 8 Dimensions of Wellness.

Wellness is an active process of being aware of the choices you make towards a healthy and fulfilling life. The Wellness Wheel focuses on 8 Important Dimensions of Wellness: occupational, environmental, intellectual, spiritual, emotional, physical, financial and social. All eight dimensions are interdependent and each dimension builds on another to improve quality of life.

Each Dimension can impact individuals positively and negatively. We all experience different seasons in life where one dimension may be more prominent than others. If anyone of these dimensions are neglected over a prolonged period of time, it can adversely affect an individual's health, well-being and quality of life. Although everyone's needs are unique, there are eight dimensions of wellness that help us thrive and reach our personal health goals. The Wellness Wheel is a strength-based model building on people's daily habits and routines while shaping new ones. This can lead to optimal well-being and create balance. Let's explore each Wellness Dimension.

Occupational- Gain personal satisfaction and enrichment from one's work, school or volunteering.

Environmental- Good health through pleasant environments have a calming effect. Live a lifestyle that is respectful of your surroundings.

Intellectual- Be open to new ideas and become a lifelong learner. Get involved in the community and try something new. Expand your knowledge and skills.

Spiritual- Expand your sense of purpose and meaning in life. Disconnect from the distractions and be mindful. Seek out the values and beliefs that are important to you.

Emotional- Understand your feelings, maintain a positive outlook. Pay attention to self-care. Coping effectively with life through supportive and satisfying relationships is key.

Physical- Recognize the need for physical activity according to your abilities and get plenty of sleep. Choose healthy foods and hydrate with water. Explore the outdoors to increase mobility and reduce stress.

Finance- Pay attention to your finances. Establish good financial habits and plan for future financial goals.

Social- Having a sense of connection and belonging helps during those tough seasons in life. Create healthy friendships and a dependable support system.

The wellness wheel can play a role in helping you to achieve balance and becoming the best you!

Take the Wellness Wheel Assessment now and discover your wellness strengths and opportunities. <https://extension.unh.edu/health>

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