

Dimensions of Wellness

In planning worksite health promotion activities for employees, the Worksite Wellness Committee supports topics that fit into the following dimensions of wellness.

Physical

The physical dimension considers activities that promote good physical health, including being physically active, eating a balanced diet, driving safely, doing medical self-care and avoiding use of tobacco, drugs and excessive alcohol consumption. Taking good care of the body will be repaid with years of good service.

Intellectual

The intellectual dimension considers creativity and expansion of skills and knowledge. An intellectually well person uses available resources to expand knowledge, improve skills and to increase the potential for sharing with others.

Spiritual

The spiritual dimension considers an appreciation for the depth and expanse of life and the natural forces that exist in the universe. No matter what a person believes, we seek out meaning and purpose in our lives. We know instinctively that there is something beyond ourselves at work in the universe.

Financial

The financial dimension considers satisfaction with current and future financial situations. Taking care of fiscal responsibilities creates self-esteem and competence.

Emotional

The emotional dimension considers one's ability to recognize and accept feelings, strengths and limitations, manage emotions and cope with stressful events. Achieving emotional wellness allows one to experience life's ups and downs with enthusiasm and grace and maintain satisfying relationships with others.

Environmental

The environmental dimension considers occupying pleasant, stimulating environments that support—rather than deter—well-being. Personal safety, health hazards and natural resources are considered.

Occupational

The occupational dimension considers the balance between work and leisure time as well as satisfaction with work responsibilities. Attitudes about work can greatly affect job performance and interactions with coworkers. Striving toward occupational wellness will help to give personal satisfaction and allow one to find enrichment in life through work.

Social

The social dimension considers satisfaction of personal relationships with spouse, family, friends and associates; participation in community affairs; and the contributions to protecting the environment by conserving and recycling. Social wellness is based on one's ability to interact harmoniously with people and the Earth.