



THE 8 DIMENSIONS OF HUMAN WELLNESS

What comes to mind when you think of the word health?

You may immediately think of physical health or mental health, but have you ever considered all of the other aspects in your life that contribute to overall health?

There are **8 dimensions to human wellness** that have been explored by researchers and scientists alike which include **physical, spiritual, environmental, emotional, intellectual, occupational, social, and financial** health. All 8 of these dimensions are **mutually dependent** on one another for overall human wellness. So, let's break each of these aspects of health down a bit further.



Physical health is recognizing the need for healthy foods, exercise, and sleep to fuel your physical body. Eating a balanced diet, engaging in regular physical activity, and having adequate sleep patterns reduce stress on the body and help it thrive. Taking care of your body can also include yearly health screenings, taking safety precautions, and avoiding or minimizing risky behaviors such as alcohol, tobacco, or drug use.

Intellectual health is recognizing ways to expand your knowledge and skills through intellectually stimulating activities. This type of health can be achieved inside and outside of a typical classroom setting. Lifelong learning and curiosity have even been linked to offsetting cognitive decline (Wilson et al 2013).



Emotional health is being able to cope effectively, having a sense of positive self-regard, and creating satisfying relationships. Maintaining the ability to be optimistic, accepting yourself, and experiencing/coping with feelings of independency and interdependency satisfy our emotional health. Self-love and understanding are critical to fostering inner resiliency and knowing when to ask for help, which are vital to this dimension.

Spiritual health is attending to your sense of purpose and meaning in life. This is more than prayer or believing in a higher-being. It also involved seeking harmony with the universe, practicing gratitude and engaging in activities that connect the mind, body, and soul.

Environmental health is occupying a pleasant, safe, and stimulating environment that supports well-being. We interact with our environment every day in different ways, but ultimately, we must have an understanding to our responsibility for the quality of air, water, and earth that surrounds us and affects our overall wellness.



Financial health is having the satisfaction with current and future financial situations. This includes living within your means and making informed decisions and investments. Everyone's financial values, needs, and circumstances are different so understanding your own financial health is critical to stress reduction and health.

Occupational health is having personal satisfaction and enrichment from one's work. The average person will spend 90,000 hours at work over a lifetime, therefore, satisfaction in your vocation plays a big factor in one's well-being. Understanding your own values in relation to work-life balance may be beneficial in addressing this dimension.

Social health is developing a sense of connection, belonging, and having a well-developed support system. Connecting with your community and the people around you provide with the opportunity to care for others, and let others care about you. Humans are social beings; therefore, this area of health can support mental and physical health greatly!



By thinking of health through the lens of holistic harmony between the dimensions of wellness, one can find a well-rounded approach to personal well-being. Again, all 8 of these dimensions are interconnected, with not one being more important than another. Finding wellness throughout each dimension is difficult to achieve, but leads to a better understanding of ourselves and where our health lies.

Additionally, for more information on the Eight Dimensions of Wellness check out the recorded Mental Health Matters Healthy Hour located on Take Aim Learning Management system, which contains more information and is linked [here](#).