

THE SIX DIMENSIONS OF WELLNESS

OCCUPATIONAL

The Six

Dimensions

of Wellness

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INTELLECTUAL

EMOTIONAL

Be aware of and accept your feelings.

Take an optimistic approach to life.

SPIRITUAL

Ponder the meaning of life for yourself and be tolerant of the beliefs of others.

Live each day in a way that is consistent with your values and beliefs to feel true to yourself.

INTELLECTUAL

Stretch and challenge your mind with intellectual and creative pursuits.

Identify potential problems and choose appropriate courses of action based on available information.

OCCUPATIONAL

Seek a career which is consistent with your personal values, interests, and beliefs.

Develop functional, transferable skills through structured involvement opportunities; remain active and involved.

PHYSICAL

Consume foods and beverages that enhance good health rather than those which impair it.

Strive to be physically fit and get proper sleep and relaxation.

SOCIAL

Contribute to the common welfare of your community and think of others.

Live in harmony with others and your environment.