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Ask the publishers to restore access to 500,000+ books. In our discussions of health, the term wellness frequently emerges, but what exactly does wellness encompass, and how can we authentically gauge our state of well-being? Wellness is a broad and intricate concept, one that is as individual as each person's unique journey. It is vital to approach wellness holistically, to seek a sense of equilibrium in various areas of life. The Substance Abuse and Mental Health Services Administration (SAMHSA) has developed the eight dimensions of wellness to guide us on our path to optimal health. These eight dimensions encompass emotional, intellectual, environmental, physical, financial, occupational, and social wellness. Each of these dimensions plays an integral role in shaping our overall quality of life. These dimensions of wellness extend beyond mere physical health, encompassing the myriad facets contributing to our overall well-being. The act of categorizing wellness into these eight dimensions provides us with a powerful tool for understanding our thoughts, needs, and emotions. This tool is invaluable, not just for individuals contending with behavioral health challenges, but for everyone as we collectively pursue healthier, happier lives. Let us now embark on a journey to explore each of these eight dimensions of wellness and discover ways to nurture and enhance each facet of our lives.

EMOTIONAL: Emotional wellness is all about our ability to effectively cope with life's challenges and cultivate fulfilling relationships. Whether it involves immersing ourselves in music, savoring a thoughtfully prepared meal, spending time with a beloved pet, watching a cherished movie or show, or engaging in grounding activities, these are all healthy outlets for processing and managing our emotions.

SPIRITUAL: Spiritual wellness is about our values and belief systems, the guiding principles that lend meaning and purpose to our lives. It's a deeply personal journey, and it can be cultivated through acts of benevolence, introspection, meditation, journaling, prayer, spending time in nature, or engaging in activities that kindle our inner inspiration.

INTELLECTUAL: Intellectual wellness encourages our creativity and the application of knowledge and skills. To maintain sharp mental faculties, we can delve into literature, join a book club, challenge our minds with puzzles, learn a new language or musical instrument, tune into educational lectures or podcasts, or explore new and stimulating hobbies.

PHYSICAL: Physical wellness encompasses various elements, including physical activity, nourishing nutrition, and rejuvenating rest. A balanced diet, regular exercise, and the avoidance of harmful habits, such as excessive drinking or smoking, are all essential components of physical wellness.

ENVIRONMENTAL: Environmental wellness is intertwined with the spaces we inhabit, including our homes and surroundings. We can foster a sense of well-being by decluttering, maintaining an organized and clean environment, and configuring our surroundings to align with our core values. Engaging in activities like gardening or personalizing our living spaces can also contribute to environmental wellness.

FINANCIAL: Financial wellness involves achieving satisfaction with our financial situation. While it may manifest differently for each individual, a practical starting point is to establish and adhere to a household budget. Saving a portion of our income, meticulously tracking and reducing unnecessary expenses, seeking advice from our support network, or pursuing financial education can further enhance financial wellness.

OCCUPATIONAL: Occupational wellness is about deriving satisfaction from our chosen work or vocation. This may entail pursuing a fulfilling career, whether on a full-time basis, part-time, or as a volunteer. Occupational wellness may also encompass engaging in hobbies that provide a sense of accomplishment. If one experiences a lack of satisfaction in their occupation, seeking support from trusted individuals and participating in recreational activities can help balance work-related stress.

SOCIAL: Social wellness revolves around forming connections and experiencing a sense of belonging. Nurturing social well-being can be achieved through spending quality time with friends and family, bonding with colleagues, or joining clubs or organizations that align with our interests. For those who may feel isolated, exploring new interests and participating in community activities can provide opportunities to establish genuine connections with others. And there you have it. These eight dimensions serve as a roadmap to better understand and enhance our overall wellness. As we explore emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social wellness, we embark on a journey toward a healthier and more contented existence, while radiating positivity and well-being to those around us.

To speak to a provider about your wellness today, join our New Patient Fastrack! Ask the publishers to restore access to 500,000+ books. Source: SAMHSA, Adapted from Swarbrick, M. (2006) SAMHSA explains the concept of wellness, encompassing physical and mental health. This resource elaborates on the eight dimensions of wellness that cover various aspects of modern-day life, highlighting the interconnection between physical and mental well-being.

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