EMOTIONAL WELLNESS

Awareness, understanding, and acceptance of your emotions and abilities to navigate effectively through triumphs, challenges, and change.

SPIRITUAL WELLNESS

Expanding our sense of values, believes, practice and purpose to find connectedness to the meaning of life.

SOCIAL WELLNESS

Developing a sense of connection, belonging and community.



CULTURAL WELLNESS

Understanding the lens from which our identity, values, belief, advocacy, and experiences impact how we understand ourselves and effectively engage and support others.









INTELLECTUAL WELLNESS

Exploring and analyzing ways to expand knowledge and skills.

OCCUPATIONAL WELLNESS

Personal enrichment derived from one's work.





PHYSICAL WELLNESS

Embracing your body's potential with regular physical activity, nutrition, and sleep.

FINANCIAL WELLNESS

Developing effective and sustainable financial management skills.

ENVIRONMENTAL WELLNESS

Contributing to stimulating environments that support well-being.