SOCIAL WELLNESS
Developing a sense of connection, belonging and community.

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, beliefs, practice, and purpose to find connectedness to the meaning of life.

INTELLECTUAL WELLNESS
Exploring and analyzing ways to expand knowledge and skills.

PHYSICAL WELLNESS
Embracing your body’s potential with regular physical activity, nutrition, and sleep.

ENVIRONMENTAL WELLNESS
Contributing to stimulating environments that support well-being.

FINANCIAL WELLNESS
Developing effective and sustainable financial management skills.

OCCUPATIONAL WELLNESS
Personal enrichment derived from one’s work.

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.