8 Dimensions of Wellness

Where do I start?

Emotional

- Practice a “growth mindset”.
- Practice mindfulness.
- Listen to calming music.
- Practice square breathing.
- Connect with a support person.

Physical

- Shop the perimeter of the grocery store.
- Prioritize sleep hygiene.
- Hydrate, hydrate, hydrate!
- Follow through on preventative care.
- Reframe the idea of exercise and get creative.

Environmental

- Incorporate natural lighting or soft lights.
- Use air purifiers, and/or open windows.
- Incorporate real or fake plants.
- Consider comfort (seating, clothing etc.)

Spiritual

- Write in a gratitude journal.
- Reconnect often with your “why”.
- Establish a daily routine.
- Practice mindfulness/meditation/prayer.

Financial

- Create a financial plan.
- Set aside time to evaluate finances.
- Use a budget tool.
- Identify wants and needs.
- Learn about financial management.

Social

- Disconnect electronically to connect in person.
- Identify and communicate personal needs.
- Set and maintain helpful boundaries.
- Utilize time management strategies.

Occupational

- Keep your resume updated.
- Connect your work to your purpose.
- Include self-care into your workflow.
- Offer feedback to leadership.
- Ask for and welcome offers of help.

Intellectual

- Learn one new fact each day.
- Visit your local library once a month.
- Try one new hobby.
- Strive to be open to new experiences.
- Give yourself permission to play.