

# WHAT IS WELLNESS?

To begin thinking about what wellness means to each of us, we can start with a few questions from eight different categories. These categories, *SAMHSA's 8 Dimensions of Wellness*, are based on what science tells us can often lead to a sense of balance, helping us to feel better and accomplish our goals.

Let's take a look at these eight categories and try to answer the questions below.

## Emotional

- Is there someone you trust that you can reach out to for support?
- How do you usually express your feelings?

## Environmental

- Do you feel safe in your environment?
- Do you have something close by that brings you comfort?

## Occupational

- Are there specific activities that interest you?
- Are you aware of the steps needed to accomplish your goals?

## Financial

- Are you aware of how much money you are spending each week?
- Are you aware of how much money it will take to accomplish your goals?

## Intellectual

- How do you take mental breaks?
- What would you like to learn more about?

## Physical

- When does your body feel at its best?
- How do you take care of your body?

## Social

- In what ways might it be helpful to set limits with others?
- In what ways do you enjoy connecting with others?

## Spiritual

- What does spirituality mean to you?
- What types of practices would you like to try out or commit to?