NWI's Six Dimensions of Wellness

Mindfully focusing on wellness builds resilience and enables individuals to thrive amidst life's inevitable personal and professional challenges.

INTELLECTUAL WELLNESS

The creative, stimulating activities that lead to learning, personal growth, and the sharing of one's unique gifts with others.

OCCUPATIONAL WELLNESS

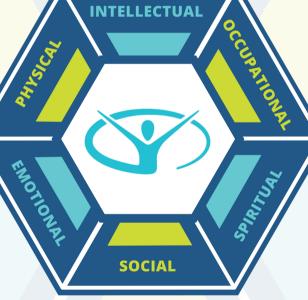
The personal satisfaction and enrichment one receives in life through their employment, academic, or volunteer work.

PHYSICAL WELLNESS

The consistent prioritization of physical self-care and the engagement in a variety of healthenriching behaviors.

EMOTIONAL WELLNESS

The awareness and acceptance of one's feelings and the capacity to manage behaviors related to one's emotional state.



SOCIAL WELLNESS

The contribution to one's environment and community with an emphasis on the interdependence between others and nature.

SPIRITUAL WELLNESS

The development of an appreciation for the depth and expanse of life and natural forces that exist in the universe.