

Seven Areas of Health & Wellness

Mental Health (Intellectual Health) – focuses on how you think

- ❖ **Managing stress**
- ❖ **Seeing life's challenges as opportunities to grow**
- ❖ **Attitude**
- ❖ **The knowledge we have about ourselves**
- ❖ **General outlook on life**
- ❖ **Self confidence and ability to advocate for yourself**

Physical Health – focuses on the physical body

- ❖ **Exercise**
- ❖ **Diet (type of foods you eat)**
- ❖ **Rest/sleep**
- ❖ **Avoiding harmful substances**
- ❖ **Avoiding harmful behaviors**
- ❖ **Getting medical attention when necessary**

Social Health – focuses on your interactions with others

- ❖ **Communicating assertively, not aggressively or passively**
- ❖ **Creating & cultivating close relationships**
- ❖ **Giving help to others**
- ❖ **Asking for help from others**
- ❖ **Getting involved in activities**
- ❖ **Making AND keeping friends**

Emotional Health – focuses on your feelings

- ❖ **Knowing and understanding yourself**
- ❖ **Self-esteem**
- ❖ **Liking and loving yourself**
- ❖ **Recognizing emotions & expressing them appropriately**
- ❖ **Enjoying a sense of well-being even in times of diversity**

Spiritual Health – focuses on your value and belief system

- ❖ **Finding meaning & purpose in life**
- ❖ **Morals and values**
- ❖ **Belief system**
- ❖ **Harmony with yourself, others, and for some, a higher power**
- ❖ **Giving back to your community, church, school, etc.**

Career Health – focuses on making choices related to work or school

- ❖ **Finding school/work meaningful**
- ❖ **Balancing work/school with rest & play in life**
- ❖ **Taking advantage of opportunities to learn new skills**
- ❖ **Reading often**
- ❖ **Staying current on local and world issues**

Environmental Health – focuses on sustaining/improving the earth's quality

- ❖ **Limiting purchases to what you need, not want**
- ❖ **Recycling**
- ❖ **Reusing products instead of throwing away and buying new**
- ❖ **Minimizing car emissions**
- ❖ **Being socially responsible**
- ❖ **Knowledge of air, noise, water, and land pollution**