

EMOTIONAL
Coping effectively with life and
creating satisfying relationships

FINANCIAL
Satisfaction with current
and future financial
situations

SOCIAL
Developing a sense of
connection, belonging,
and a well-developed
support system

SPIRITUAL
Expanding our sense of
purpose and meaning in life

OCCUPATIONAL
Personal satisfaction and
enrichment derived from one's work



ENVIRONMENTAL
Good health by occupying
pleasant, stimulating environments
that support well-being

INTELLECTUAL
Recognizing creative abilities
and finding ways to expand
knowledge and skills

PHYSICAL
Recognizing the need
for physical activity, diet,
sleep and nutrition

Adapted from Swarbrick, M. (2006).
A Wellness Approach. *Psychiatric
Rehabilitation Journal*, 29(4), 311-314.