EMOTIONAL

Coping effectively with life and creating satisfying relationships

WELLNESS

pleasant, stimulating environments that support well-being

ENVIRONMENTAL Good health by occupying

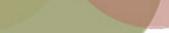
INTELLECTUAL

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.



OCCUPATIONAL

Personal satisfaction and enrichment derived from one's work

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