

Dimensions of Wellness



What is Wellness?

Wellness is a philosophy of life. It is recognizing that your health means more than just lack of illness or having a healthy body. In fact, there are seven dimensions of wellness. The word **BALANCE** will help you remember them. Each letter stands for one of the dimensions: **B**ODY **A**TTITUDE **L**OVE **A**VOCATION **N**ATURE **C**REATIVITY and **E**THICS & SPIRITUALITY. Wellness combines all seven into a quality “balanced” way of living. Overall, wellness is the ability to live life to the fullest and places responsibility on the individual; it becomes a matter of self-evaluation and self-assessment. So, here are some ideas about what a wellness lifestyle consists of for each dimension. Take some time to note those behaviors and attitudes which you currently practice.