Wellness Definitions:

Social - Encourages contributing to one’s human and physical environment to the common welfare of one’s community. It emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one’s family.

Physical - Encourages cardiovascular, flexibility, strength and also encourages regular physical activity. Physical development encourages knowledge about food and nutrition and discourages the use of tobacco, drugs and excessive alcohol consumption. It encourages activities which contribute to high-level wellness, including medical self-care and appropriate use of the medical system.

Emotional - Emphasizes an awareness and acceptance of one’s feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one’s feelings and related behaviors including the realistic assessment of one’s limitations. An emotionally well person maintains satisfying relationships with others.

Spiritual - Involves seeking meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expansion of life and natural forces that exist in the universe.

Vocational/Occupational - Involves preparing for work in which one will gain personal satisfaction and find enrichment in one’s life through work. Vocational development is related to one’s attitude about one’s work.

Intellectual - Encourages creative, stimulating mental activities. An intellectually well person uses the resources available to expand one’s knowledge in improved skills along with expanding potential for sharing with others.