Want to do something/know more/spread the word? Contact your Behavioral Health Planning Council Representative at

8 Dimensions of Wellness

- **Emotional**
  Developing skills and strategies to cope with stress.

- **Environmental**
  Good health by occupying pleasant, stimulating environments that support well-being.

- **Financial**
  Satisfaction with current and future financial situations.

- **Social**
  Developing a sense of connection and a well-developed support system.

- **Intellectual**
  Recognizing creative abilities and finding ways to expand knowledge and skills.

- **Physical**
  Recognizing the need for physical activity, diet, sleep, and nutrition.

- **Spiritual**
  Search for meaning and purpose in the human experience.

- **Occupational**
  Personal satisfaction and enrichment derived from one's work.