# DEFINITIONS

## Cultural

Individual awareness of one's own culture as well as understanding and respecting the diversity and richness of other cultures.

## Economic

The ability to meet financial needs and adapt to unanticipated financial situations.

#### Educational

Recognition of creative abilities and the expansion of knowledge and skills.

#### motional

The ability to cope effectively with life and create personal enrichment through one's work and relationships.

#### Environmental

A harmonious and sustainable relationship with immediate surroundings that expands to the natural world.

## Physical

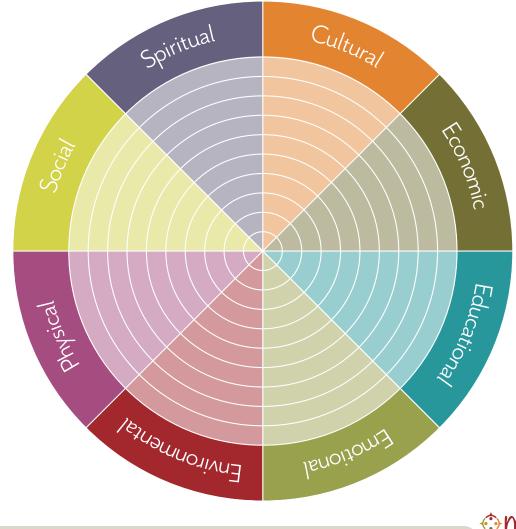
The ability to perform daily activities without undue fatigue or physical stress.

#### Social

A sense of connection, belonging, safety, and a reliable support system.

## Spiritual

A sense of purpose and meaning in life.



## Working Together to Improve Community Health

#### DIMENSIONS OF WELLNESS

8 Wellness Dimensions has been adapted to meet local needs and is based upon the dimensions as defined by Substance Abuse and Mental Health Services Administration (SAMHSA).

# REFLECTIVE QUESTIONS

What surprised you?

What would you like to celebrate?

What supports or resources do you need and do you know where to find them?



DIMENSIONS OF WELLNESS

8 Wellness Dimensions has been adapted to meet local needs and is based upon the dimensions as defined by Substance Abuse and Mental Health Services Administration (SAMHSA).