

# Wellness

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| 1. Emotional, spiritual, intellectual, physical environmental, financial, occupational and social        | A. Budgeting                |
| 2. Lack of support, trauma, unhelpful thinking, chronic illness/disability, and substances               | B. Compromising wellness    |
| 3. An ability to cope effectively with life and build satisfying relationships with others               | C. Spiritual Wellness       |
| 4. Listen to music, eat favorite food, play with a pet, go to a movie                                    | D. Physical Wellness        |
| 5. Is related to your values and beliefs that help you find meaning and purpose in life                  | E. Exercise                 |
| 6. Recognizing your unique talents to be creative and you seek out ways to use your knowledge and skills | F. Occupational wellness    |
| 7. Reading, doing puzzles, crosswords, trying a new hobby                                                | G. 8 dimensions of wellness |
| 8. Physical activity, healthy nutrition, and adequate sleep                                              | H. Emotional Wellness       |
| 9. Yoga, bike riding, jumping rope, sports, running, walking, etc                                        | I. Self-care                |
| 10. Related to the surroundings you occupy, is it clean/polluted, safe?                                  | J. Social support           |
| 11. Feeling of satisfaction about your financial situation                                               | K. Intellectual Wellness    |
| 12. Tracking your spending is an example of                                                              | L. Self-care 2              |
| 13. A sense of satisfaction with your choice of work                                                     | M. Environmental wellness   |
| 14. A sense of connectedness and belonging                                                               | N. Financial Wellness       |
| 15. Friend, family member, counselor are examples of                                                     | O. Social Wellness          |