

# 8 Dimensions of wellness

1. Mental, physical, and emotional wellness are
  2. Each category of wellness has its own set of
  3. A state of wellbeing in which the individual realizes his or her own abilities, can cope with normal stresses in life...
  4. One self care skill for mental wellness is
  5. Related to the way you take care of your body
  6. One self care skill for physical wellness is
  7. Engaging in creative or mentally stimulating activity
  8. One self care skill for intellectual wellness is
  9. Managing stress, coping with difficult emotions and cultivating mindfulness are all ways to set up
  10. One self care skill for emotional wellness is
  11. Having meaningful relationships is a necessary part of
  12. One self-care skill for social wellness is
  13. Living in a sustainable way, surrounding yourself with positive, supportive people, and keeping your safety in mind
  14. One self care skill for environmental wellness is
  15. Being financially secure is an example of
  16. A skill for financial wellness is
- A. Avoid toxic people
  - B. Drinking plenty of water
  - C. Practicing mindfulness
  - D. Intellectual wellness
  - E. Physical Wellness
  - F. Setting a budget
  - G. Social Wellness
  - H. Mental wellness
  - I. Develop good cleaning habits
  - J. Environmental wellness
  - K. Emotional wellness
  - L. Firm boundaries
  - M. Engaging in a hobby
  - N. Financial Wellness
  - O. Self care skills
  - P. Areas to prioritize