

8 Dimensions of wellness

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