

8 Dimensions of wellness

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