**Health and Wellness**

* **Health** is a state of complete **physical, mental** and **social** well-being

 = not merely the absence of disease or infirmity

* **Wellness** is the active process of **becoming aware of** and **making choices toward** a healthy and fulfilling life.

 = a positive approach to living

* Wellness has a direct influence on your overall health, which is essential if you are trying to reach your full potential as a person

**Seven Dimensions of Wellness**

There are seven dimensions of wellness: physical, emotional, spiritual, environmental, financial, social, and intellectual.

[**Emotional Wellness**](https://shcs.ucdavis.edu/wellness/emotional)

Emotional wellness relates to understanding your **feelings** and coping effectively with **stress**. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources so you can learn and grow from experiences.

[**Environmental Wellness**](https://shcs.ucdavis.edu/wellness/environmental)

Environmental wellness inspires us to live a lifestyle that is respectful of **nature** and your personal **environment**. Everyone can have a strong environmental conscious simply by raising their awareness.



[**Mental Wellness**](https://shcs.ucdavis.edu/wellness/intellectual)

Mental or intellectual wellness involves having an **open mind** when you encounter new ideas and continuing to expand your **knowledge**. It encourages active participation in scholastic, cultural and community activities.

[**Physical Wellness**](https://shcs.ucdavis.edu/wellness/physical)

Physical wellness relates to maintaining a **healthy body** and seeking **care** when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness.

****[**Social Wellness**](https://shcs.ucdavis.edu/wellness/social)

Social wellness helps you perform **social roles** effectively and create a **support network**. This dimension of wellness allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partners.

[**Spiritual Wellness**](https://shcs.ucdavis.edu/wellness/spiritual)

Spiritual wellness allows you to develop a set of **values** that help you seek **meaning** and **purpose** through religion, relaxation, etc. Being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.

[**Financial Wellness**](https://shcs.ucdavis.edu/wellness/financial)

Financial wellness involves learning how to successfully **manage financial expenses**. Money plays a critical role in our lives. Not having enough of it impacts health and academic performance. Financial stress is a common source of stress, anxiety and fear.

* Each dimension of wellness

 - is interrelated with another

 - is equally vital in the pursuit of optimum health

**Health and Wellness**

* **Health** is a state of complete \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ well-being

 = not merely the absence of disease or infirmity

* **Wellness** is the active process of \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_ and \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ a healthy and fulfilling life.

 = a positive approach to living

* Wellness has a direct influence on your overall health, which is essential if you are trying to reach your full potential as a person

**Seven Dimensions of Wellness**

There are seven dimensions of wellness: physical, emotional, spiritual, environmental, financial, social, and intellectual.

[**Emotional Wellness**](https://shcs.ucdavis.edu/wellness/emotional)

Emotional wellness relates to understanding your\_\_\_\_\_\_\_\_\_\_ and coping effectively with \_\_\_\_\_\_\_\_\_\_. It is important to pay attention to self-care, relaxation, stress reduction and the development of inner resources so you can learn and grow from experiences.

[**Environmental Wellness**](https://shcs.ucdavis.edu/wellness/environmental)

Environmental wellness inspires us to live a lifestyle that is respectful of \_\_\_\_\_\_\_\_\_\_ and your personal \_\_\_\_\_\_\_\_\_\_. Everyone can have a strong environmental conscious simply by raising their awareness.

[**Mental Wellness**](https://shcs.ucdavis.edu/wellness/intellectual)

Mental or intellectual wellness involves having an \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ when you encounter new ideas and continuing to expand your \_\_\_\_\_\_\_\_\_\_. It encourages active participation in scholastic, cultural and community activities.

[**Physical Wellness**](https://shcs.ucdavis.edu/wellness/physical)

Physical wellness relates to maintaining a \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ and seeking \_\_\_\_\_\_\_\_\_ when needed. Physical health is attained through exercise, eating well, getting enough sleep and paying attention to the signs of illness.

[**Social Wellness**](https://shcs.ucdavis.edu/wellness/social)

Social wellness helps you perform \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ effectively and create a\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_. This dimension of wellness allows you to not only develop encouraging relationships with peers, but also intimate relationships with romantic partners.

[**Spiritual Wellness**](https://shcs.ucdavis.edu/wellness/spiritual)

Spiritual wellness allows you to develop a set of \_\_\_\_\_\_\_\_\_\_ that help you seek \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ through religion, relaxation, etc. Being spiritually well means knowing which resources to use to cope with issues that come up in everyday life.

[**Financial Wellness**](https://shcs.ucdavis.edu/wellness/financial)

Financial wellness involves learning how to successfully \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ . Money plays a critical role in our lives. Not having enough of it impacts health and academic performance. Financial stress is a common source of stress, anxiety and fear.

Each dimension of wellness

 - is interrelated with another

 - is equally vital in the pursuit of optimum health

