Seven Dimensions of Wellness

Taking Care of Your Body
- Engaging in physical activity safely and regularly
- Sleeping 7-8 hours per night
- Avoiding drugs, tobacco, and excessive alcohol
- Eating a nutritional, balanced diet

Taking Care of What’s Around You
- Being aware of the impact you have on the environment
- Living in clean, safe, and adequate housing
- Developing safe habits to avoid accidents and injury
- Enjoying time in nature

Taking Care of Your Values and Beliefs
- Understanding your own values, ethics and beliefs and respecting others’
- Understanding that spirituality is a personal experience
- Connecting to a spiritual community when desired

Taking Care of Your Relationships and Society
- Developing and maintaining healthy relationships
- Budgeting time to spend with loved ones
- Managing unhealthy relationships effectively
- Respecting identities of all individuals

Taking Care of Your Mind
- Accepting yourself for who you are
- Valuing self-exploration
- Having a generally positive outlook
- Managing stress effectively

Taking Care of Your Finances
- Developing long-term and short-term financial goals
- Budgeting effectively
- Living within your current means

Taking Care of Your Future Goals
- Setting and meeting academic and career goals in a healthy way
- Challenging yourself to new life experiences
- Having supportive peers who share similar goals

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