The Roots of Wellbeing

**Environmental Wellness**
Is being aware of the interactions between the environment, the community and ourselves.

**Intellectual Wellness**
Is being open to new ideas and seeking new challenges.

**Emotional Wellness**
Is the ability to notice and recognize all feelings without judgement and to express feelings in a constructive way.

**Spiritual Wellness**
Is finding connection and meaning with the world and people around us.

**Financial Wellness**
Is understanding the process of sustaining ourselves financially for the short and long term while maintaining a balanced relationship with money.

**Social Wellness**
Is the ability to build meaningful connections with others and to help cultivate a supportive community.

**Physical Wellness**
Is taking care of your body for optimal health and functioning.

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**Try These!**

Here are some self-care practices & activities you can use to support various dimensions of wellness:

- Express gratitude: Appreciate the bounty of fall...
  - take a walk & enjoy the color!
  - Eat a fresh, local apple!

- Engage your intellect in new areas:

- Spend some time alone every day:
  - do something where you don’t feel pressure to excel

- Enjoy sexual intimacy

- Get help to understand your finances