



Wellness is an active, lifelong **process** of becoming **aware** of **choices** and making decisions toward a more balanced and fulfilling life.

- **Process** means that we never arrive at a point where there is no possibility of improvement.
- **Aware** means that we are by our nature continuously seeking more information about how we can improve.
- **Choices** means that we have considered a variety of options and have selected those that seem to be in our best interest.

Wellness combines **seven dimensions** of well-being into a quality way of living. Wellness is the ability to live life to the fullest and to maximize personal potential in a variety of ways. Wellness places responsibility on the individual; it becomes a matter of self-evaluation and self-assessment. Wellness involves continually learning and making changes to enhance your state of wellness.

The Seven Dimensions of Wellness



A healthy body maintained by good nutrition, regular exercise, the avoidance of harmful habits, informed and responsible decisions about health, and medical assistance when necessary. **Physical wellness** requires a well-balanced diet, plenty of physical activity and exercise, proper weight maintenance, sleep, avoidance of risky sexual behavior, limited exposure to environmental contaminants, and restricted intake of harmful substances.



INTELLECTUAL

*A state in which your mind is engaged in lively interaction with the world around you. **Intellectual wellness** involves unbridled curiosity and ongoing learning. This dimension of wellness implies that you can apply the things you have learned and create opportunities to learn more. You engage your mind in lively interaction with the world around you.*



EMOTIONAL

*The ability to understand your own feelings, accept your limitations, achieve emotional stability, and become comfortable with your emotions. **Emotional wellness** relates to the ability to express emotions appropriately, adjust to change, cope with stress in a healthy way, and enjoy life despite its occasional disappointments and frustrations.*



SOCIAL

*The ability to relate well to others, both within and outside the family unit. **Social wellness** gives us the ease and confidence to be outgoing, friendly, and affectionate toward others. Social wellness involves not only a concern for the individual, but also an interest in humanity and the environment.*



SPIRITUAL

*The sense that life is meaningful and has a purpose; the ethics, values, and morals that guide us and give meaning and direction to life. **Spiritual wellness** implies a search for meaning and purpose in human existence, leading you to strive for a state of harmony while working to balance your inner needs with the rest of the world.*



OCCUPATIONAL

Preparing and making use of your gifts, skills and talents in order to gain purpose, happiness, and enrichment in your life.

Occupational wellness means successfully integrating a commitment to your occupation into a satisfying and rewarding lifestyle. The development of occupational satisfaction and wellness is strongly related to your attitude about your work.



ENVIRONMENTAL

The capability to live in a clean and safe environment that is not detrimental to health. The quality of our environment has a direct effect on personal wellness. To enjoy **environmental wellness** we require clean air, pure water, quality food, adequate shelter, satisfactory work conditions, personal safety, and healthy relationships.

STUDENT FOCUSED. LAND GRANT. RESEARCH UNIVERSITY.

North Dakota State University

Phone: +1 (701) 231-5200 / Fax: (701) 231-5205

Campus address: Wallman Wellness Center 100

Physical/delivery address: 18th Street and Centennial Blvd., Fargo, ND 58102

Mailing address: NDSU Dept. 5140 / PO Box 6050 / Fargo, ND 58108-6050

Page manager: NDSU Wellness Center <<http://www.ndsu.edu/wellness/contact/>>

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