Dimensions of Wellness

Exercise Science Department

Physical
Physical Wellness encourages learning about diet and nutrition while discouraging the use of tobacco, drugs, and excessive alcohol consumption. Optimal wellness is met through the combination of good exercise and eating habits. The physical dimension of wellness entails personal responsibility and care for minor illnesses and also knowing when professional medical attention is needed. You will understand and appreciate the relationship between sound nutrition and how your body performs.

Occational
Occupational Wellness is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. At the center of occupational wellness is the premise that occupational development is related to one’s attitude about one’s work. The choice of profession, job satisfaction, career ambitions, and personal performance are all important components of your occupational wellness. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.

Emotional
Emotional Wellness is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness. You will be able to arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior. You will live and work independently while realizing the importance of seeking and appreciating the support and assistance of others.

Intellectual
Intellectual Wellness recognizes one’s creative, stimulating mental activities. A well person expands their knowledge and skills while discovering the potential for sharing their gifts with others. The desire to learn new concepts, improve skills, and seek challenges in pursuit of lifelong learning contributes to our Intellectual Wellness. You will spend more time pursuing personal interests, reading books, magazines, and newspapers, while keeping up-to-date of current issues and ideas. As you develop your intellectual curiosity, you will actively strive to expand and challenge your mind with creative endeavors.

Social
Social Wellness is the ability to relate to and connect with other people in our world. It emphasizes the interdependence between others and nature. You will take an active part in improving our world by encouraging healthier living and initiating better communication with those around you. You will actively seek ways to preserve the beauty and balance of nature along the pathway as you discover the power to make wiser choices to enhance personal relationships, important friendships, and build a better living space and community.

Spiritual
Spiritual Wellness is the ability to establish peace and harmony in our lives. The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe. While discovering spiritual wellness, you may experience many feelings of doubt, despair, fear, disappointment, and dislocation as well as feelings of pleasure, joy, happiness, and discovery. You will know you’re becoming spiritually well when your actions become more consistent with your beliefs and values, resulting in a “world view.”

SELF