Developing skills and strategies to cope with stress. Environmental Financial Good health by occupying pleasant, stimulating environments that Satisfaction with current and future financial situations. support well-being. Intellectual Social WELLNESS Recognizing creative abilities Developing a sense of and finding ways to expand knowledge and skills. connection and a welldeveloped support system. Physical Spiritual Recognizing the need for physical activity, diet, sleep, and nutrition. Search for meaning and purpose in the human experience. Occupational

Personal satisfaction and enrichment derived from one's work.

Emotional