

# 8 Dimensions of Wellness

## Emotional

The ability to identify and manage your emotions and adapt to change

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Weekly Meditation  
Health Coaching

## Physical

Balancing exercise, sleep, nutrition and listening to your body

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Employee Wellness Center  
Access to a Nutritionist

## Social

Developing a sense of connection and belonging, and fostering healthy relationships

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Rockers Kickball League  
Facebook & Instagram

## Intellectual

Recognizing your creative abilities, and expanding your knowledge and skills

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Monthly Workshops  
Webinars

## Occupational

Finding personal satisfaction and enrichment from your work, school, or volunteering

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HPU Library  
Volunteer Opportunities

## Spiritual

Expanding your sense of purpose and meaning in life

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Chapel Services  
Access to Multi-faith Prayer Room

## Environmental

Connecting with the world around you, and occupying environments that support well-being

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Earth Day Celebration  
Garden Walks

## Financial

Understanding your finances, and making informed financial decisions

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MetLife Retirewise Series  
Passport Partners