

# The Wellness Model (SPICES)



- Spiritual:** Seeking meaning and purpose in human existence; self, reflection, organized religion, community service
- Physical:** Exercise, diet, maintenance, stress reduction, relaxation
- Intellectual:** Expanding knowledge, reading, writing, exploration, listening, observing, questioning
- Career:** Finding satisfaction and worth in your work, professional development
- Emotional:** Positivity, feelings towards yourself and others
- Social:** Interaction with others, developing relationships, fun!