

Name: _____ Date: _____

DIMENSIONS OF WELLNESS

Draw a line connecting the dimension of wellness with the corresponding wellness strategy/goal.

Reduce the number of times you eat out.

Emotional Wellness

Get 8-10 hours of sleep, whenever possible.

Financial Wellness

Ask for help when I'm feeling stressed, upset or angry and my emotions are feeling overwhelming.

Environmental Wellness

Learn new study skills. Do some online research about it.

Social Wellness

Make a point before buying something to consider whether the purchase is really necessary or worth spending the money on.

Intellectual Wellness

Pick up the phone and talk to a family member or friend you haven't spoken to in a while.

Physical Health

Use a reusable coffee cup, water bottle and lunch container.

Nutritional Health