

Name: _____ Date: _____

DIMENSIONS OF WELLNESS

Write the answer in alphabetical.

- ___ One self care skill for emotional wellness is
- ___ One self care skill for physical wellness is
- ___ One self care skill for intellectual wellness is
- ___ One self care skill for mental wellness is
- ___ Living in a sustainable way, surrounding yourself with positive, supportive people, and keeping your safety in mind
- ___ A skill for financial wellness is
- ___ A state of wellbeing in which the individual realizes his or her own abilities, can cope with normal stresses in life...
- ___ Being financially secure is an example of
- ___ One self care skill for environmental wellness is
- ___ One self-care skill for social wellness is
- ___ Mental, physical, and emotional wellness are
- ___ Engaging in creative or mentally stimulating activity
- ___ Related to the way you take care of your body
- ___ Managing stress, coping with difficult emotions and cultivating mindfulness are all ways to set up
- ___ Each category of wellness has its own set of
- ___ Having meaningful relationships is a necessary part of

A. Social Wellness

G. Financial Wellness

L. Areas to prioritize

B. Firm boundaries

H. Drinking plenty of water

M. Practicing mindfulness

C. Develop good cleaning habits

I. Mental wellness

N. Emotional wellness

D. Physical Wellness

J. Self care skills

O. Environmental wellness

E. Engaging in a hobby

K. Avoid toxic people

P. Intellectual wellness

F. Setting a budget