

## 6 ELEMENTS HEALTH & WELLNESS

To achieve optimal health and wellness we must include and balance the six elements in society.



### PHYSICAL

Nourishing a healthy body through exercise, nutrition, sleep, etc.



### EMOTIONAL

Being aware of, accepting and expressing our feelings, and understanding the feelings of others.



### MENTAL

Engaging the world through learning, problem-solving, creativity, etc.



### SOCIAL

Connecting and engaging with others and our communities in meaningful ways.



### SPIRITUAL

Searching for meaning and higher purpose in human existence.



### ENVIRONMENTAL

Fostering positive interrelationships between planetary health and human actions, choices and wellbeing.

HEALTH  
AND  
WELLNESS  
ELEMENTS