

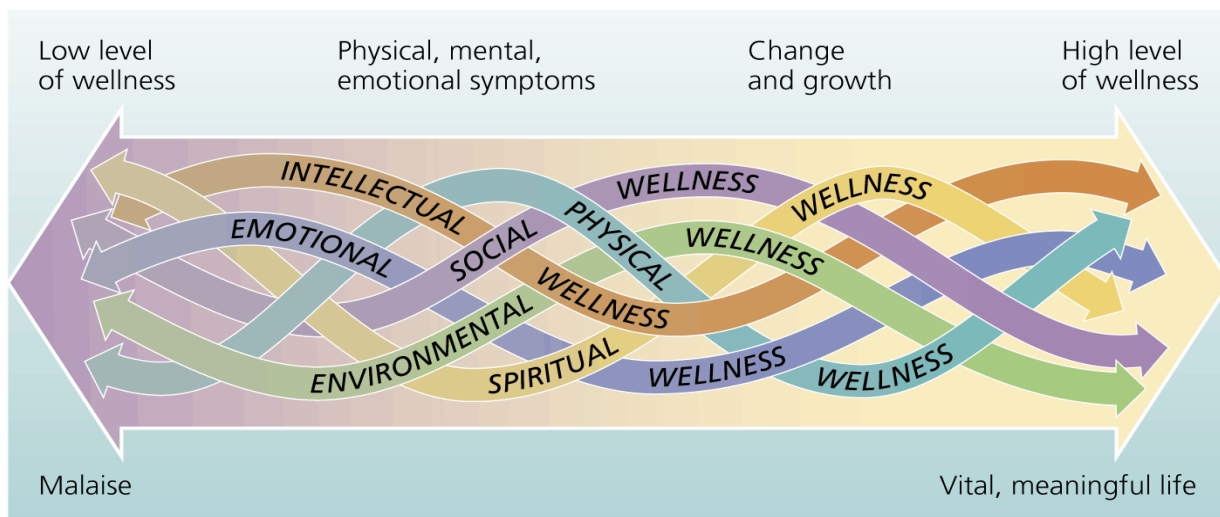


Wellness by Mason

A PILLAR OF HEALTH: WELLNESS

Experts have determined six interrelated Dimensions of Wellness. Ideally, throughout our lives, we will focus on each of these dimensions of wellness with the goal of developing high levels of wellness within each dimension. Wellness by Mason, incorporates a seventh Dimension of Wellness, Occupational Wellness, which will be defined and highlighted following a description of the first six Dimensions of Wellness.

1. **Physical wellness** - influenced by genetics, nutrition, fitness level, body composition and immune status. People with a high level of physical wellbeing are able to mobilize energy necessary to cope with life's challenges.
2. **Emotional wellness** – consists of being in touch with feelings, being able to express feelings and control them when necessary. People with a high level of emotional wellness are better able to discriminate and express emotions.
3. **Intellectual wellness** – the ability to process information effectively, use information in a rational way to problem solve, grow and develop. People with a high degree of intellectual wellness are creative, open in problem solving.
4. **Spiritual wellness** – feeling connected to something beyond oneself and having a sense of meaning in one's life. People with a high degree of spiritual health have a sense of inner calm, purpose and meaning which enables them to stay focused and hopeful.
5. **Social or Interpersonal wellness** – the degree of connectedness one has through relationships, sharing love, affection, joys and sorrows. People with strong social support networks have others to share their joys, sorrows and concerns.
6. **Environmental wellness** – consists of the physical and societal surroundings (noise, lighting, crime, violence, pollution, etc.) that affect an individual's functioning. Environments that are safe and healthy support and improve a person's level of wellness.



Connect Core Concepts in Health, 11th ed. Paul M. Insel and Walton T. Roth, McGraw Hill Publishers, 2010

7. **Occupational Wellness** – involves creating a healthy and supportive work environment which recognizes personal satisfaction and enrichment in one's life through work. Contributing your unique gifts, skills and talents to work can be personally meaningful and rewarding. Occupational Wellness is also the ability to achieve a balance between work, home life and leisure time. This area of wellness encompasses addressing workplace stress, building relationships with co-workers and is related to one's attitude about one's work.