### Wellness Wheel Dimension Descriptions (CSUS)

#### INTELLECTUAL

**Developing and utilizing one's knowledge**
- Lifelong learning
- Awareness of current events
- Creativity
- Critical thinking skills
- Educational goals
- Adaptation to change

#### SOCIO-CULTURAL

**Effectively relating to others, your community and the world**
- Respect for other cultures
- Multi-cultural competence
- Interpersonal relationships
- Family
- Fairness and justice
- Tolerance and Acceptance
- Concern for community welfare

#### ENVIRONMENTAL

**Caring for the Earth**
- Protection of resources
- Safety Enhancement
- Awareness of surroundings
- Conservation
- Understanding of negative effect of personal choices

#### EMOTIONAL

**Awareness, acceptance and healthy expression of one's feelings**
- Expression of emotions
- Stress management
- Positive attitude and outlook on life
- Assertiveness and healthy boundaries
- Intimacy
- Interdependence
- Independence

#### PHYSICAL

**Developing and utilizing one's knowledge**
- Regular physical activity
- Medical awareness and disease prevention
- Dietary intake
- Adequate sleep
- Injury prevention
- Safe habits

#### CAREER/FINANCIAL

**Engaging in meaningful work and responsible monetary practices**
- Purposeful and rewarding career
- Financial stability and planning
- Child rearing
- Household management
- Balance of work and leisure

#### SPIRITUAL

**Exploring value and meaning in one's life**
- Belief system
- Hope and optimism
- Purpose
- Sense of belonging
- Introspection and contemplation
- Life satisfaction
- Volunteer work