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