

Wellness Wallet Dimensions



Social Dimension

Social Dimension

The social dimension of wellness is concerned with how individuals learn to relate to others, the community they are in, and the communities that exist outside of their own. Skills that this dimension wishes to cultivate include communication skills, learning to collaborate, and how to create connections with others.



Intellectual Dimension

Intellectual Dimension

The intellectual dimension encourages individuals to gain new knowledge and to explore unknown concepts. In this dimension, the goal is to spark deeper thinking. Skills that this dimension seeks to cultivate include learning how to think critically, challenge ideas, be open to new concepts, and learn how to solve problems.



Physical Dimension

Physical Dimension

The physical dimension of wellness refers to the actual state of an individual's physical body. This means that this dimension is concerned with encouraging proper nutrition, physical exercise, refraining from harmful substances, maintaining adequate sleep, and practicing self-care. The skills associated with this dimension include self-awareness and other personal skills needed to maintain wellness.