

# The Eight Dimensions of

# **Emotional**

Developing skills and strategies to cope with stress.

# Environmental

Good health by occupying pleasant, stimulating environments that support well-being.

### Financial

Satisfaction with current and future financial situations.

### Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills.

## Social

Developing a sense of connection and a welldeveloped support system.

# Physical

Recognizing the need for physical activity, diet, sleep, and nutrition.

# Spiritual

Search for meaning and purpose in the human experience.

WELLNESS

Occupational
Personal satisfaction and enrichment derived from one's work.

THE 10X10 WELLNESS CAMPAIGN

To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 years. To find out more about the 10x10 Wellness Campaign, visit http://www.10x10.samhsa.gov.

For information, contact:

SAMHSA 10x10 Wellness Campaign 1 Choke Cherry Road, Room 2-1007

Rockville, MD 20857

10x10@samhsa.hhs.gov

\* Source: Swarbrick, M. (2006). A wellness approach. Psychiatric Rehabilitation Journal, 29,(4) 311- 3314.

Communication among mental health consumers, professionals, and primary care providers about health information is essential

to overall wellness.







