

Six dimensions of wellness

[Linguistics](#), [English](#)



Physical – the optimal physical health requires one to eat well and do regular exercises. Regular medical checkups and necessary steps to prevent injuries will contribute to a great deal of physical wellness (Hettler 14). The habits one develops now will be a key determinant of how many years you will live.

Spiritual – Spiritual wellness means you possess a set of beliefs that gives you the meaning of life. This involves the capacity for love, compassion, forgiveness and altruism. Organized religions can help a lot of people to develop their spiritual health.

Emotional- this includes self esteem, self confidence and satisfying relationships that leads to a person having emotional wellness. Maintaining emotional health requires monitoring your thoughts and feelings (Hettler 23). Emotional wellness is a dynamic state that influences all the dimensions of health.

Intellectual- The height of intellectual health includes openness to novel ideas, capacity to think critically and the willingness to master new skills. In order to enjoy intellectual health, one should never stop learning (Hettler 27). One realizes new experiences and challenges as he actively solves them.

Environmental – a person's health is dependent on his surroundings. There are various threats that challenge our environmental health and this includes UV radiation and different forms of pollution. To have an environment that is healthy, one should try to avoid such hazards by eliminating them or avoiding them.

Social – social health is very important as it also helps in one's physical and emotional health. There is need for mutual affectionate and offering support

to other people. Good communication skills will help someone to develop interpersonal skills. This will cultivate the aspect of caring for others.

Work Cited

Hettler, Bill. *Six Dimensions of Wellness* . New York : Cengage , 2009. Print.