

Understanding Holistic Wellness using SAMHSA's 8 Dimensions of Wellness

When we approach well-being from a holistic view, we need to acknowledge that there are many different dimensions that contribute to our mental wellbeing. The eight dimensions are listed below:



Physical: exercising on a regular basis, eating a healthy diet, getting restful sleep.



Intellectual: reading a book for pleasure, doing a crossword puzzle or other mind game, having a creative outlet.



Emotional: talking to others about your feelings, maintaining a positive outlook, being self-aware.



Financial: creating a budget, saving for retirement, planning for the future.



Social: spending time with family or friends, going on a date with your significant other, seeking advice from peers.



Spiritual: participating in meditation or prayer, connecting with nature, being self-aware.



Environmental: having a home or work environment that encourages good physical and mental health, if feeling stressed having a place to go that calm you down.



Occupational: feeling a sense of joy in your work), recognizing how work enriches your life, volunteering in the community.

Every person is different.

Wellness is a lifelong journey of striving for good mental and physical health and quality of life, to the best of a person's ability, given his or her unique circumstances. We live in a multicultural world, and wellness encompasses areas that may not be specified in this overview. For example, that trauma is a universal human experience, and that our culture and spiritual beliefs impact our perceptions and everything we do.

Take time to reflect on each of the 8 dimensions and identify where you are at within each area using the scale below. Once you identify where you are at with each of the dimensions, circle where you are at from “1 in crisis and immediate help” to “5 exceeding, content and fulfilled”.

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| 5 | Exceeding | I am content and fulfilled in this part of my life. |
| 4 | Prospering | I feel things are going well, but there is still room for growth. |
| 3 | Managing | I feel like I can meet day-to-day needs with minimal concerns. |
| 2 | Struggling | I feel I am not doing as well and need to devote serious effort. |
| 1 | In Crisis | I need immediate help on this. |

