Whole Person Wellness Model

Dimensions/Aspects of Wellness

- **Environmental**
  - Housing
  - Air
  - Water
  - Food
  - Noise Levels
  - Odors
  - Lighting
  - Aesthetics

- **Occupational**
  - Career, Work, Job
  - Employment, Vocation
  - School
  - Training
  - Homemaking
  - Parenting
  - Interests and Abilities
  - Credentials
  - Earnings, etc.

- **Physical**
  - Body
    - Nutrition
    - Exercise
    - Blood Pressure
    - Weight
    - Vision
    - Hearing
    - Manual Skills
    - Coordination
    - Strength
    - Endurance
    - Gracefulness
    - Speed, etc.

- **Emotional**
  - Feelings
    - Serenity
    - Joy
    - Happiness
    - Love
    - Concern
    - Security
    - Safety, Fear
    - Anger
    - Anxiety
    - Pain, Grief
    - Sadness, etc.

- **Social**
  - Family
    - Friends
    - Loved Ones
    - Neighborhood
    - Community
    - (State, Country, Earth)
    - Organizations
    - Games
    - Clubs, Parties
    - Places to Gather
    - Communication
    - Media, etc.

- **Spiritual**
  - Values, Purpose, Intuition, Vitality
    - Examples: Joy, Zest, Honor, Service, Wisdom, Truthfulness, Faith, Care, Courage, Kindness, Trustworthiness, etc.

Adopted from a model by Diane Brandon