The Dimensions of Wellness

Version 2

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What is Wellness?

Wellness is a way to address and make changes to certain aspects of your life that will lead to healthier physical, emotional, and social outcomes.

These changes look and feel different for everyone. Developing your wellness strategy is about discovering what is best for you and how to easily sustain these changes for long-term health and well-being.

The Wellness Wheel is a visual representation of how interrelated all aspects of your life are and how they impact your well-being.

It is important to consider each area of the wheel and how it will impact your wellness. Neglecting one of the dimensions of Wellness may prevent you from finding a healthy balance in your life.

The content focusing on dimensions of wellness found in this wiki has been adapted from the Canadian Mental Health Association .