Wellness means more than the “absence of disease.” True wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

**Physical:** A healthy body is maintained by good nutrition, regular exercise, avoiding harmful habits like using tobacco, drugs, and consuming alcohol excessively, making informed decisions about health and seeking medical attention when necessary.

**Spiritual:** The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life.

**Intellectual:** Recognizes one's creative, stimulating mental activities. It involves continued learning, problem solving and creativity. Also involves time spent pursuing personal interest, reading books, magazines, and newspapers, while keeping abreast of current issues and ideas.

**Social:** This includes the ability to relate well to others, both within and outside the family unit. It encourages contributing to a healthy community by supporting a healthy living environment and initiating better communication with others.

**Emotional:** The ability to understand your own feelings, accept your limitations, achieve emotional stability and become comfortable with your emotions.

**Occupational:** Recognizes personal satisfaction and enrichment in one's life through work. It is related to one's attitude about one's work. The choice of profession, job satisfaction, career ambitions, and personal performance are all important components.