

Name: _____ Date: _____

Dimensions of Health

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| 1. Avoidance of substance abuse | A. Environmental |
| 2. Engaging your mind in ongoing learning for occupational and personal growth. | B. Physical |
| 3. Feeling as if part of a greater spectrum of existence. | C. Intellectual/Mental |
| 4. The ability to feel and express the full range of human emotions and to control them rather than be controlled by them. | D. Intellectual/Mental Health |
| 5. Appreciation of the external environment and one's role. | E. Spiritual |
| 6. Abstinence or use of contraceptives | F. Financial Health |
| 7. All individuals deserve access to health and health services. | G. Occupational Health |
| 8. Live within your means | H. Social |
| 9. This dimension involves finding fulfillment in your job and knowing that it has meaning. | I. Social Health |
| 10. Ability to have satisfying relationships. | J. Environmental Health |
| 11. Sleep Nutrition Seeing A Dr or getting medical care | K. Emotional Health |
| 12. Supportive Relationships with Family, Friends, Associates, Teachers | L. Spiritual health |
| 13. Preventing violence in your community, Taking steps to increase clean air | M. Physical Health |
| 14. Doing activities that cultivate hope, gratitude, forgiveness, and a state of connectedness to the world. | N. Multicultural Health |
| 15. The ability to solve problems effectively and creatively and to maintain a positive outlook on life. | O. Sexual Health |