

The Seven Dimensions of Wellness

V Y L O L H Q F U W W E Q K V L F
D N I H C A N W B J T M L V D A V
C H V V I C U D F N R D Z Z K U F
E O K G Q C U G C Z G T L G N T J
N M J K M D O P H N F S N F B C Y
V W A L K I N G A T I J I R K E N
I X U W U N S E C T E Q R Y A L B
R W S Z L W Q P S F I R J M A L Z
O N U G N L S O I I Z O E F P E C
N M Q V T B O M C R C D N X W T Q
M Y A T T C C D M Y I R R A H N U
E H N L H O I H Y T U T E G L I A
N Q R Z V D A W A R J Y U X Z Y Y
T Z R T E N L T J L H G H A E E V
A M L A N O I T O M E S O P L D G
L S V S C O Y H V W E L L N E S S
G L D E N P H Y S I C A L Z O B S

environmental

meditation

laughter

physical

occupational

spiritual

exercise

walking

intellectual

emotional

wellness

social