

SIX DIMENSIONS OF WELLNESS



Introduction and Summary

What Is Wellness?

Throughout time and across cultures, the term *wellness* has been defined and applied in many ways. The Wellness Alliance encapsulates these interpretations by acknowledging the following.

- Wellness is a conscious, self-directed, and evolving process of achieving one's full potential.
- Wellness encompasses lifestyle, mental and spiritual well-being, and the environment.
- Wellness is positive and affirming and contributes to living a long, healthy life.
- Wellness is multicultural and holistic, involving multiple dimensions.

Halbert L. Dunn, MD, who was an author and physician, is well known as the “father of the [wellness](#) movement.” He led the development of a national [vital statistics](#) system in the United States. His work focused on the distinction between good health and [high-level wellness](#), a term he coined as “a condition of change in which the individual moves forward, climbing toward a higher potential of functioning.”

This simple yet profound explanation of wellness was embraced by the Wellness Alliance’s predecessors and led directly to the compelling definition of wellness we still use today:

“Wellness is functioning optimally within your current environment.”

Applying the Six Dimensions of Wellness Model

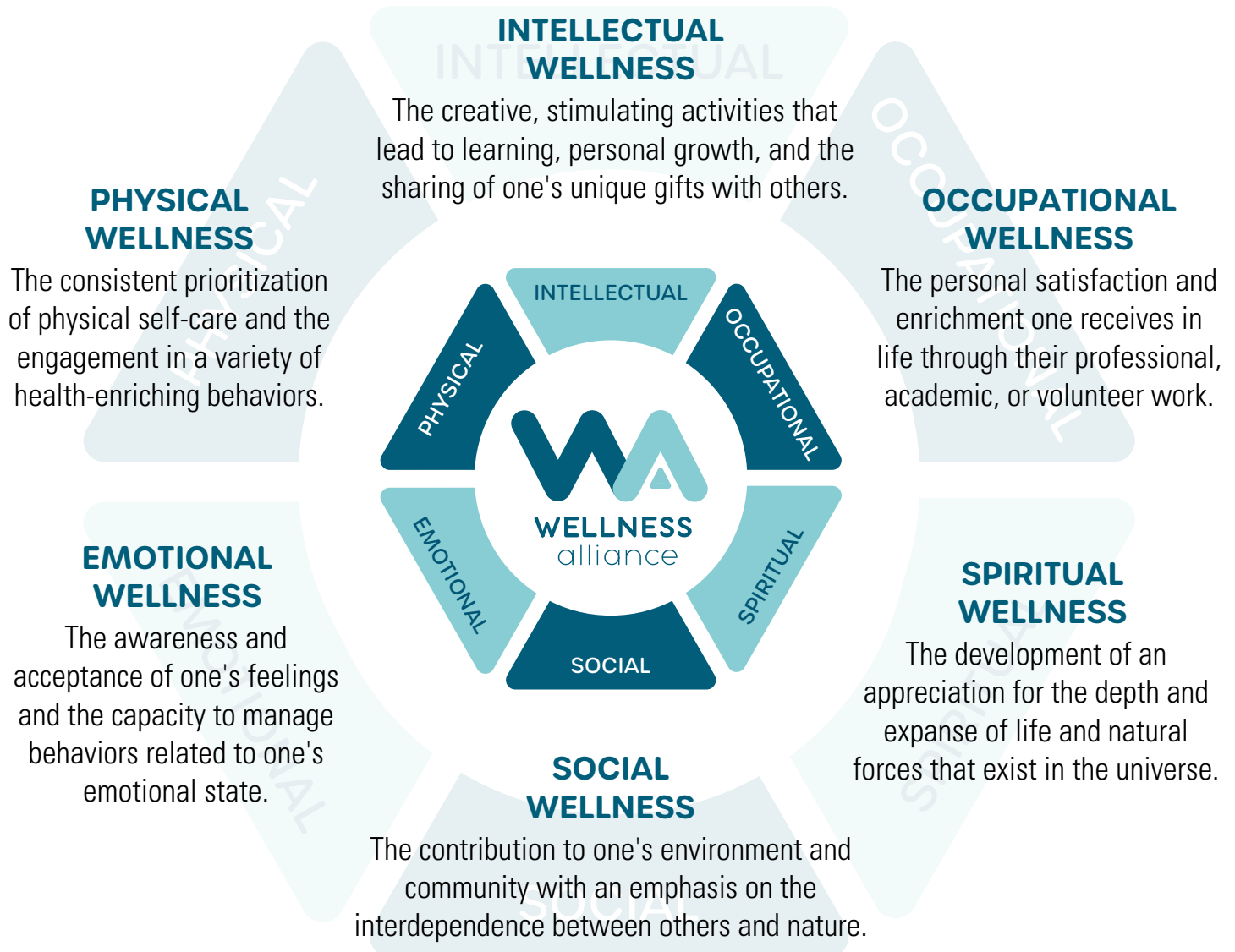
Applying a multidimensional wellness approach that considers the whole person can be useful in nearly every human endeavor. The Six Dimensions of Wellness model brings forth awareness of the interconnectedness of each dimension and how they contribute to living a healthy life.

This holistic model explains how one can achieve the following.

- Develop and direct self-awareness, self-regulation, curiosity, and motivation
- Develop their belief systems, identify their values, and create a strong worldview
- Benefit from regular physical activity, nutrition, strength, vitality, and self-care
- Enrich their life through work and recognize its connectedness to living and playing
- Use creativity and stimulating mental activities to share their gifts with others
- Enhance their environment by building better living spaces and social networks
- Positively contribute to their environment and engage in their community

Six Dimensions of Wellness

Mindfully focusing on wellness builds resilience and enables individuals to thrive amidst life's inevitable personal and professional challenges.



Additional Resources

The following Six Dimensions of Wellness resources are available for download on the Wellness Alliance website. These are member-only resources. [Join now](#) to gain access.

[Six Dimensions of Wellness: Defining and Assessing Wellness](#)

[Six Dimensions of Wellness: Self-Reflection and W.E.L.L. Plan](#)

